

Dietary factors associated with daytime somnolence in healthy elderly of Chile

[Factores asociados a la somnolencia diurna en adultos mayores chilenos]

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Aim: To determine the prevalence of mild and excessive somnolence and the associated factors with the presence of daytime sleepiness in the elderly. **Methods:** A total of 1780 independent individuals 60 years and older of both sexes (70.9 ± 7.9 years old; females 62%), were included, of which 1704 of them completed all the information. All of them were assessed using an Epworth sleepiness scale (ESE), an Pittsburgh sleep quality index, plus information of cigarettes smoking, dinner time, and an anthropometric evaluation. An ESE score > 10 was considered drowsiness and scores > 15 excessive or severe drowsiness. **Results:** Among the population under 80 years, 5.3% showed ESE score > 15 and 26.2% an ESE score > 10 . For over 80 years, the prevalence of sleepiness was 6.3% for an ESE score > 15 and 32.5% for an ESE score > 10 . In the adjusted model, the factors associated with increased risk of sleepiness (ESE > 10) were age older than 80 years (OR = 1.58; 95% CI = 1.14 to 2.19) and dinner after 21 hours (OR = 1.3; 95% CI = 1.01 to 1.68). By contrast, only age older than 80 years was independently associated with severe sleepiness (OR = 1.81; 95% CI = 1.01 to 3.29). **Conclusions:** Meals after 21 hours and age above 80 years are associated with increased likelihood of daytime sleepiness. Instead, only older than 80 years is associated with severe daytime sleepiness. © 2015 SEGG.

Daytime sleepiness

Dinner

Elderly

Epworth sleepiness scale

Nutritional condition

age

aged

aging

anthropometry

Article

Chile

daytime somnolence

dietary intake

disease association

disease severity

drowsiness

Epworth sleepiness scale

feeding behavior

female

human

male

Pittsburgh Sleep Quality Index

prevalence

smoking

very elderly

diet

Disorders of Excessive Somnolence

risk factor

Aged

Aged, 80 and over

Chile

Diet

Disorders of Excessive Somnolence

Female

Humans

Male

Prevalence

Risk Factors