GENDER DIFFERENCE IN CORRELATION BETWEEN URINARY SYMPTOMS AND SUBJECTIVE SLEEP QUALITY IN A POPULATION OF UROLOGY PATIENTS
K.R. Loughlin, J. Duffy, K. Scheuermaier, M. Surprise, M. Meyers
Harvard Medical School, USA

Introduction: Urinary symptoms and sleep complaints both increase with age. There is evidence that urinary problems may lead to sleep disruption. It is also possible that disrupted nighttime sleep can lead to voiding during the night.

Methods: Patients from the Brigham and Women’s Hospital Urology Clinic responded to three questionnaires, the American Urological Association questionnaire (AUA), the Pittsburgh Sleep Quality Index (PSQI), and the Epworth Sleepiness Scale (ESS). We analyzed the correlation between the AUA and the PSQI global score, and between the AUA and the ESS global score for both sexes. We also divided the patients by their AUA severity score (<10, 10-20 and ≥20), and created a sleep complaint score reflecting three levels of severity: no sleep complaint (PSQI and ESS<5), mild sleep complaint (PSQI or ESS<5 with PSQI or ESS<5), moderate-severe sleep complaint (PSQI and ESS≥5). We then examined the relationship between severity of urinary complaint and sleep complaint by sex.

Results: A total of 114 patients were included (97M; average age ± SD=63.7±9.1 years, no significant age difference between sexes). The mean AUA, PSQI, and ESS scores were comparable for both sexes. The correlation between urinary symptoms and sleep disruption was stronger in females than in males (r=0.61 vs. =0.44, respectively, P<0.01). This was also true for the relationship between urinary symptoms and daytime sleepiness (r=0.63 vs. r=0.25, P<0.05). For both sexes, severity of urinary symptoms paralleled severity of sleep complaints (Fischer’s exact test, P<0.05).

Conclusion: Urinary symptoms and sleep complaints are significantly correlated, and this relationship may be stronger in females. While urinary symptoms that disrupt sleep are often thought of as male problem caused by BPH, our findings indicate that older women also expertise urinary complaints that are associated with sleep disruption.