

E090 SLEEP DISTURBANCES IN LUPUS PATIENTS

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Background: Sleep disorders are well recognised in systemic lupus erythematosus (SLE); poor sleep can refer to increased sleep latency, fragmentation, frequent awakening during the night, lack of refreshment in the morning and daytime somnolence. We sought to assess the sleep patterns in a multi-ethnic lupus cohort from Barts Health Lupus Centre.

Methods: Consecutive patients attending the lupus clinic at Barts Health Lupus Centre who met the 2012 SLICC diagnostic criteria for SLE were asked to complete an anonymized sleep questionnaire. The questionnaire incorporated the Patient Sleep Quality Index (PSQI) - a validated measure of sleep quality along with questions on sleeping habits and sleep hygiene as outlined by the Sleep Council UK. Lupus activity was measured using SLEDAI-2K and correlation with PSQI scores was assessed.

Results: A total of fifty female lupus patients were studied aged between 19-74 years with the majority South Asian (n=14; 28%), African-Caribbean (n=17, 32%) or Caucasian (n=12; 24%). Approximately 80% (n=41) of patients rated their sleep as good or very good prior to their lupus diagnosis; this fell to 62% (n=31) post-diagnosis. The sleep parameter results are summarised in Table 1. With regards to sleep hygiene most patients (> 80%) had good habits such as sleeping in a cool, quiet and dark environment and avoiding alcohol, caffeine and heavy meals. A total of 60% (n=30) had an abnormally raised PSQI score; the mean PSQI score was 7.1 (> 5 being abnormal). 60% (n=30) of patients had active SLE (SLEDAI-2K \geq 4). There was a positive correlation between abnormal PSQI scores and SLEDAI-2K scores (R = 0.49, p = 0.0002).

Conclusion: Our findings indicate that a significant proportion of lupus patients suffered from poor sleep. Sleep disturbances reported includes difficulty initiating sleep, staying asleep, lack of morning refreshment and daytime somnolence. There was a positive association between active lupus and poor sleep quality. Clinicians should be aware of the prevalence of sleep disturbances in SLE and consider addressing this as part of the overall management of lupus.

E090 TABLE 1 Sleep habits of our sample of lupus patients.

Sleep Parameter	Patient Questions	Results
Do you find it difficult to fall asleep?		Yes 52% (n = 26), No 48% (n = 24)
How long does it take you to fall asleep?		< 15 minutes 14% (n = 7), 15-30 minutes 56% (n = 28), > 30 minutes 30% (n = 15)
Do you wake up in the middle of the night?		Yes 56% (n = 28), No 44% (n = 22)
Do you feel refreshed in the morning?		Yes 28% (n = 14), No 72% (n = 36)
How long do you sleep per night?		< 4 hours 4% (n = 2), 4-6 hours, 48% (n = 24), 6-8 hours 46% (n = 23) > 8 hours 2% (n = 1)
Do you have daytime naps due to fatigue?		Yes 76% (n = 38), No 24% (n = 12)

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