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## IS DISTURBED SLEEP PREDICTIVE FOR LATER "BURNOUT" - A 20 YEAR PERSPECTIVE

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The aim was to examine if sleeping difficulties in year 1983 predicted "burnout" in year 2003.

Methods: In 1983: 1.687 subjects, aged 30-44 years, answered a sleep questionnaire (USI).

In 2003: In a follow-up, 1.192 subjects, aged 50-64 years, answered the same sleep questionnaire. Subjects were asked about difficulties initiating sleep (DIS) and difficulties maintaining sleep (DMS), and not being rested by sleep (NRS). The questions were answered on a five-point scale

(1= no problems,

2= minor problems,

3= moderate problems,

4= severe problems,

5= very severe problems).

At least severe problems (scores 4 and 5) were considered to be a complaint. Insomnia was defined as having at least one complaint. In year 2003 questions about health included a statement about being "burnout".

Results: In year 2003 "burnout" was reported by 7,3 % of women, and in 3,9% in men.

In a logistic regression we examined the risk for "burnout" in relation to DIS, DMS and NRS at baseline. For women DMS (OR 2,8 CI 1,1-8,0) and NRS (OR 3,3 CI 1,2-9,3) were significant. DIS which was the only significant association for men (OR 7,3 CI 2,0-25,3).

Conclusion: Sleep complaints are predictive for a "burnout"-condition later in life.