

## S27-04 - SLEEP DISORDERS, MENTAL HEALTH AND QUALITY OF LIFE

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Sleep difficulties are often leading symptoms of psychiatric disorders. Furthermore, several longitudinal studies have demonstrated that untreated insomnia predicts the onset of mental health disorders. Other sleep disorders also often cause mood and/or anxiety symptoms. Furthermore, overlapping symptoms of sleep apnea, a sleep disorder with undoubted public health significance, and depression merits special attention.

Sleep disorders have profound effect on daytime functioning causing daytime sleepiness, tiredness, fatigue and impaired cognitive functioning. These symptoms may severely affect both the quality of life of the patient and also the sleep and quality of life of their bedpartners and family members, as well.

It is increasingly appreciated that the majority of medically ill patients suffer from sleep disorders and sleep complaints, which contribute to their impaired quality of life and clinical outcomes. "Sleep Health" is an important aspect of everyone's life but has a special relevance in mentally or medically ill patients.

In our studies focusing on patients with various stages of chronic kidney disease (moderate to severe chronic renal failure, patients on dialysis and kidney transplant recipients) we have found high prevalence of sleep disorders (insomnia, Restless Legs Syndrome, Periodic Leg Movements in Sleep, Sleep apnea). We have shown that they are associated with the presence of depressive symptoms, increased illness intrusiveness and worse quality of life. Furthermore, RLS predicted mortality of kidney transplant recipients.

In my presentation I will cover the most important aspects of the complex relationship between sleep disorders, mental and physical health and quality of life.