Quality of sleep in people living with HIV (PLWHIV) in the era of Highly Active Antiretroviral Treatment (HAART)

Petrakis Vasileios¹, Panagopoulos Periklis¹, Papanas Nikolaos¹, Trypsianis Grigorios³, Steiropoulos Paschalis², Papazoglou Dimitrios¹

1 Department of Infectious Diseases, 2nd Department of Internal Medicine, University General Hospital Alexandroupolis, Democritus University of Thrace
2 University Pneumonology Department, University General Hospital Alexandroupolis, Democritus University of Thrace
3 Department of Medical Statistics, Medical School, Democritus University of Thrace

Introduction

Although HIV infection has become a chronic disease, people living with HIV (PLWHIV) often develop disorders that affect their quality of life. Sleep disturbances could occur in all stages of infection and lead to fatigue, increased risk for comorbidities and reduced adherence to treatment.

Aim of the study

The aim of the present study is to evaluate the incidence rate and factors associated with sleep disturbances in a cohort of PLWHIV monitoring in a HIV unit in a rural area of Greece (Thrace).

Methods

Patients completed questionnaires for the possible presence of restless legs syndrome, the Epworth Scale, the Athens Insomnia Scale, the Fatigue Severity Scale (FSS Questionnaire), the Hospital Anxiety and Depression Scale - HADS, the Sleep Quality Scale MOS, the STOP BANG questionnaire for obstructive sleep apnea, the Pittsburgh Sleep Quality Index and the International Physical Activity Questionnaire. Demographic and anthropometric characteristics, antiretroviral regimen, stage of HIV infection, coinfections and comorbidities were recorded. Statistical analysis was performed using the Statistical Package for Social Sciences (SPSS) version 19.0.

Results

Mean age: 45.58 years
Males: 80.5%
Unmarried: 71.4%
University graduates: 59.7%

Obstructive Sleep Apnoea
- Fatigue 27.9%
- Anxiety 54.54%
- Depression 46.1%

Insomnia
- Fatigue 27.9%
- Anxiety 54.54%
- Depression 46.1%

Restless Leg Syndrome
- Daytime sleepiness 31.16%

- Detectable viral load (adjusted odd ratio (aOR) 15.49 and 95% confidence interval (CI) 4.70-50.98, p<0.001) and CDC stage C (aOR 0.17 and 95% CI 0.03-0.91, p 0.038) of HIV infection as independent risk factors.
- No significant association with antiretroviral treatment. INSTI-based ART was not associated with sleep disorders.
- PLWHIV with RLS had 9 times higher risk for symptoms of depression and reduced physical activity (p<0.001, OR 9.22).
- More than 60% of PLWHIV with advanced HIV infection were short sleepers (<6 h/day).
- Levels of hemoglobin, hematocrit, iron and ferritin were significantly lower among patients with insomnia (p<0.001)

Conclusion

The high prevalence of sleep disturbances among PLWHIV reported in the present study demonstrates the significance of adding sleep assessment into routine care and researching efficient interventions in order to improve their quality of life and the clinical progress of HIV infection. Apart from sociodemographic, anthropometric and HIV-related (severity, treatment) factors it is vital to underline the impact of psychological factors. PLWHIV often experience the fear of stigma and social isolation increasing the symptoms of depression and anxiety and subsequently the incidence of sleep abnormalities.