



AAN 72nd ANNUAL MEETING ABSTRACT

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EMBARGOED FOR RELEASE UNTIL 4 P.M. ET, SUNDAY, MARCH 1, 2020

Abstract Title: Hypersomnolence Is a Significant Predictor of New Medical Conditions Among Elderly People in a Longitudinal Study of the General Population

Press Release Title: Are Grandma, Grandpa Sleepy During the Day? They May Be at Risk for Diabetes, Cancer, More

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Objective: To investigate if hypersomnolence is a risk factor for the appearance of certain medical conditions in older adults.

Background: Hypersomnolence was frequently found to be a risk factor for several psychiatric disorders. It has also been associated with cognitive decline and Alzheimer's disease. Its role in the development of other medical conditions has been seldomly investigated in the general population.

Design/Methods: This longitudinal study was carried out in eight states in the U.S. A total of 12,218 subjects were interviewed by phone during the first wave (W1) and 10,930 at the second wave (W2) three years apart. The analyses included only the subjects who participated in the 2 waves (N=10,930). Hypersomnolence symptoms were assessed according to DSM-5 criteria. At W2, 3,701 participants were at least 65 years old and 59.3% were women.

Results: A total of 22.7% of the elderly participants reported hypersomnolence at W1 and 23.7% at W2. The hypersomnolence was chronic for 40.9% of them. After adjusting for gender and obstructive sleep apnea, hypersomnolence at W1 was a risk factor for the development of diabetes at W2 (RR: 2.3 [1.5-3.4]), cancer at W2 (RR: 2.0 [1.1-3.8]) and hypertension at W2 (RR: 2.3 [1.5-3.4]). Hypersomnolence at W1 (RR: 1.8 [1.3-2.5]) and chronic hypersomnolence (i.e., present at W1 & W2) (RR: 2.5 [1.8-3.4]) were risk factors for the development of a heart disease at W2. Hypersomnolence at W2 was associated with diseases of the musculoskeletal system and connective tissue at W2 (OR: 1.5 [1.1-2.0]).



Conclusions: The results suggest that hypersomnolence in the elderly individuals can be an early sign of a developing medical condition. Physicians need to pay closer attention to their patients reporting hypersomnolence.

Study Supported By: Arrillaga Foundation