

Effect of Insomnia on Health

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Abstract

Introduction: *Insomnia is a prevalent sleep complaint that has been associated with reduced health-related quality of life (HR-QOL), impairing important aspects of daytime functioning.*

Methods: *Data derived from an epidemiological study identified the association between insomnia and HR-QOL. Subjects were assigned to the insomnia group (diagnosed with insomnia as it was experienced at least a few times a month) and the non-insomnia group (no insomnia or sleep symptoms). HR-QOL was assessed using the short form 36 (SF-36) (mental and physical scores). Others were randomly mailed questionnaires in a healthcare system. The questionnaire was a form of the health status questionnaire with well-validated medical outcomes using the same short form 36 (SF-36) health survey, a 3-question depression screen, a sleep questionnaire, demographic variables, questions about medical encounters and prescription and over-the counter (OTC) drug use.*

Result: *Individuals with insomnia and assigned to the insomnia group were reported with lower HR-QOL scores and increased healthcare resource use compared with individuals with no insomnia and assigned to the non-insomnia group. The negative association of insomnia remained significant on all HR-QOL scores and OTC drug use.*

Conclusion: *Insomnia is significantly associated with reduced health-related quality of life.*

Keywords: *Insomnia; health-related quality of life; over-the counter.*