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Circadian rhythm sleep disorders in relation to diabetes: cross-sectional study

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Purpose:

Sleep disorders may increase the risk of diabetes mellitus. The objective of this study was to assess the association between circadian rhythm sleep disorders with diabetes.

Methods:

This cross-sectional study was conducted on 10044 adults aged 35-65 years. Anthropometric indices including weight, height body mass index (BMI), and waist to hip ratio (WHR), from all participants were measured. Chi-square and independent T-test were used to assess bivariate associations and multiple logistic regression models were fitted to assess the effect of sleep disorder on diabetes while adjusting for the effect of associated factors.

Results:

Overall 10044 individuals took part in the study, half were female (53%). The mean \pm SD age was 47.32 ± 8.28 years. The prevalence of diabetes in the population was 8.4%. Around 1.6 % and 8.4% of the patients reported ASPD and DSPD, respectively. In multiple logistic regression model, DSPD was associated with a significant higher prevalence of diabetes (OR: 1.43, 95% CI (1.13, 1.82))

Conclusion:

Our study found a significant association between DSPD with increased prevalence of diabetes.

Biography

I have completed BSc at the age of 22 years from Shiraz University Of Medical Sciences and MSc studies from Kermanshah University Of Medical Sciences. I have published 4 papers in reputed journals and have been serving as an reviewing member of two journal.

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