Comorbidities and Risk Factors in Insomnia in the Elderly population

Neil Mookerjee1, Janet Aliev1, Gianna Antinori1, Megha Andrews1, William Benedict1, Austin Chang1, Roshni Gandhi1, Amy Gilligan1, Isaiah Hughes1, Ha Huy1, Maanika Keesara1, Ian Millstein1, Justin Nguyen1, Aneri Patel1, Ben Sanders1, Nicole Schmalbach1, Angela Sun1, Subhadra Thampi1, Dylan Windle-Puente1, Krystal Hunter PhD1,3, Satyajeet Roy MD FACP1,2

1 Cooper Medical School of Rowan University, Camden, New Jersey. 2 Cooper University Health Care, Department of Medicine, Camden, New Jersey

3 Cooper Research Institute, Camden, New Jersey

Introduction

• Sleep disorders affect around 50-70 million Americans, with chronic insomnia being the most common. There has been an 11-fold increase in the diagnosis of insomnia in the U.S. outpatient office visits (1993-2015).

• Insomnia is more common in the elderly population (30-48%) compared to the general population (12-20%).

• It is imperative to identify the modifiable risk factors in order to optimize management for better outcome.

Study Aims

• To study the modifiable risk factors and comorbid medical conditions associated with insomnia in patients who were 65 years-old, or older.

Materials/Methods

• Retrospective chart review study of the existing electronic medical records of patients who visited Cooper Internal Medicine office at 1103 N Kings Hwy, Cherry Hill NJ, between the dates of 07/01/2020 and 06/30/2021.

• Inclusion criteria: all patients aged 65 years or older.

• Data was collected for each patient from existing electronic medical records.

• Statistical analysis:
  ○ Patients were divided into two groups: patients who had insomnia and patients who did not have insomnia.
  ○ Univariate analysis was performed with independent t-test, and Mann Whitney U-test. Chi Square test and Fisher exact test were applied to analyze the categorical variables.
  ○ Logistic regression was used to model the outcome of insomnia.

Results

• Elderly women have higher association of insomnia.

• Dementia, depression, anxiety, atrial fibrillation, and chronic pain disorders are associated with insomnia in elderly patients.

• Presence of depression, anxiety and chronic pain disorders are associated with greater odds of having insomnia in elderly patients.

• Optimal management of the comorbidities, such as dementia, depression, anxiety, atrial fibrillation, and chronic pain disorders, may prevent or improve insomnia in this population.