

Association between Irritable Bowel Syndrome and sleep quality

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ABSTRACT

Introduction: Self-report questionnaires, polysomnography (PSG), or actigraphy are used to diagnose sleep disorders in the general population. In different countries, the prevalence of sleep disorders varies. In 2006, a meta-analysis discovered a feminine tendency to sleeplessness. Sleep difficulties may also have a role in a variety of health issues. A link has been shown between sleep disruptions and functional gastrointestinal disorders.

Methodology: A purposefully developed questionnaire was used to collect data in this cross-sectional investigation. After a series of conversations with the panel of experts (which included a subject specialist, a researcher, and a language expert), a questionnaire was created. The questionnaire's Cronbach alpha was computed. The research was carried out in Saudi Arabia's Aseer region. The questionnaire contained questions about IBS, demographic characteristics. Data were collected, coded, and entered in the SPSS ver.20 software for descriptive statistics (mean standard deviation, frequencies, and % s were computed) and to determine the significance of differences.

Results: Strong correlation between IBS and sleep quality was observed.

Conclusion: We discovered that there was a positive relationship between the severity of IBS symptoms and sleep disruptions, and specific patient characteristics were significant predictors of IBS and sleep disturbance severity using IRT analysis. These findings are in line with those of previous research. However, the pathophysiological mechanism that underpins this link is only partially known.

Keywords: Quality, Sleep, Patients, Irritable Bowel Syndrome

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