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Title: Respiratory symptoms, daytime sleepiness and quality of life – An epidemiological study on general populations in Iceland and Sweden

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Body: Objective: This prevalence of excessive daytime sleepiness (EDS) and the association of EDS with respiratory symptoms and large variety of health variables was investigated in two well characterized random samples from the general population. Methods: Adults aged >40 and living in Reykjavík, Iceland (n=939) and Uppsala, Sweden (n=998), were invited (www.boldstudy.org). Response rates 81, 1% and 62, 2%. In addition, the participants were asked to answer: The Epworth Sleepiness Scale (ESS), Short Form-12 and standardised questions about sleep and health, diabetes and hypertension, Results: In Reykjavik mean (+/- SD) ESS was 6.0 +/- 3.9, compared to 6.1 +/- 3.9 in Uppsala. The prevalence of EDS, defined as ESS scores >10, were 18.5% in Uppsala and 18.4% in Reykjavík. EDS was more common among men than women and was more prevalent in age groups <60years (p<0.0001) but not related to body max index (BMI) or smoking status. Those reporting habitual snoring and apneas scored higher on ESS (p<0.0001) and so did also those with respiratory symptoms; wheeze and breathlessness (p<0.05), cough (p<0.0001), asthma (P<0.01) and nasal allergy (p<0.02), There were no difference in EDS depending on insomnia, diabetes or hypertension. Mental health scores on SF-12 were significantly lower among those with EDS (p<0.05). There was no difference regarding physical health scores. Conclusion: Excessive daytime sleepiness is a common complaint in the general population both in Iceland and Sweden. It's more common among men than women, among those who snore and have apneas. EDS is also related to respiratory symptoms, allergy and decreased mental quality of live.