Title: Is subjective sleep quality better in quitters?

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Body: AIMS: Smokers have 4-5 times higher risk of sleep-related breathing disorders. We studied subjective sleep quality, weight gain and changes in pulmonary functions in quitters and non-quitters.

METHODS: Among 692 patients registered for smoking cessation clinic, who were smoking 10+ cigarettes/day, followed at least 1 year and agreed to participate in the study were included. Pittsburgh sleep quality index (PSQI), Epworth sleepiness scale survey, measurements of exhaled carbon monoxide, body weights and PFTs were obtained and evaluated. Cases with PSQI ≤ 5 points were classified as having better sleep quality. RESULTS: Among the cases (n=106, 67 male, 39 female), 39.6% had quit and 60.4% had not quit. Mean age of quitters was 50.7 ± 11 years, while non-quitters' was 47.4±11.1 years. Better sleep quality was observed in 23.8% of quitters, while in 7.8% of non-quitters (p <0.01). Better sleep quality was evident in quitters in spite of weight gain. Mean 8.33 kg weight gain and 3.13 increase in BMI were observed in quitters (p <0.01). Gaining more than 10% of body weight was observed in 52.4% of quitters while 7.8% of non-quitters (p <0.01). Pulmonary function changes were not different among quitters and non-quitters. COCLUSION: Quitters had better sleep quality than non-quitters in spite of more weight gain. This difference was not related to improvement in pulmonary functions. This data can be used as a motivational tool for smokers' quitting. And also it can be a clue for the importance of smoking cessation in patents with sleep-related breathing disorders.