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Title: Sleep disorders and sleep quality among adults patients presenting at General Outpatient Department in Ile Ife, Nigeria- A preliminary report

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Body: Introduction: Sleep disorders is poorly recognized by the general public and the clinical community
Aims and Objectives: to determine patterns of sleep disorders and sleep quality among adults patients presenting in a primary care clinic in tertiary hospital setting in Nigeria. Methodology. The study was carried out at the Family Medicine Clinic of the OAUTHC, Ile Ife, Subjects were selected from the pool of patients attending the clinic daily were studied for the presence and types of sleep disorders using a standardized questionnaire. The questionnaire contains items on sleep questionnaires including the Pittsburgh Sleep Quality Index Questionnaire (PSQI). Epworth Sleepiness Scale (ESS) and the Family Apgar questionnaire. Exhaled carbon monoxide was measured for each subject. Results: Subjects within the age group 40-49 constituted 80% of the respondent with an overall mean age of 48.5+ 23.5years. 28% of the respondents had an ESS score of 11 and above. Majority (59.4%) of the respondent sleeps for between 0-5 hours daily. 25% have insomnia while up to 50% of the respondents wake up quite early.20% had reported history of snoring and nightmares. Overall sleep quality was fairly bad ,fairly good and very good in 22%, 48% and 30% of the respondents respectively. Sleep disorders are generally associated with BMI, neck circumference, occupation and living close to a main road, p values less 0.05 each. Hypertension was the commonest medical condition; with 8% having primary insomnia. Conclusion: Sleep problems are common among primary care patients in Ile Ife Nigeria. There is a need for sleep education and enlightenment.