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## Patterns and correlates of sleep duration and insomnia among 0.5 million Chinese men and women

Inadequate sleep duration and insomnia can affect both physical and mental health. There is limited data, however, on characteristics and main correlates of sleep patterns and insomnia in urban and rural China. A cross-sectional study included 512,891 adults aged 30-79 years from 10 (5 urban, 5 rural) diverse areas in China, recording detailed information, using interviewer-administered laptop-based questionnaires, on sleep patterns (duration, daytime napping, and snoring) and insomnia. Logistic regression was used to examine the associations between sleep patterns and insomnia with a range of socio-economic, lifestyle, behavior and health-related factors. Overall, the mean (SD) sleep duration was 7.4 (1.4) hours, with 23% reporting short ( $\leq 6$  hours) and 16% having long ( $\geq 9$  hours) sleep duration, and 21% taking daytime napping and 46% having to snore. Overall, 17% having insomnia, with the proportion higher in women than men (19% vs 14%), in rural than urban residents (19% vs 15%), and in individuals who were living alone (23%). The adjusted odds ratios (ORs) of having insomnia were significantly higher among people with major depressive episodes (6.1, 95% CI: 5.7-6.6), general anxiety disorders (7.6, 6.7-8.5), any chronic diseases (1.5; 1.4-1.5), and short sleep duration (8.7, 8.6-8.8). By contrast, the ORs of insomnia were significantly lower among those having long sleep duration (0.64, 0.62-0.66), napping (0.77, 0.75-0.78) and snoring (0.86, 0.84-0.87). Among Chinese adults, sleep patterns varied greatly by socioeconomic, lifestyle and health-related factors. The risk of insomnia was associated with both poor mental and poor physical health status.

## Biography

Yiping Chen has completed her medical degree in Fudan University in 1985 and completed her PhD in 1993 from University of Oxford. She has worked as study coordinator and senior research fellow in several large clinical trials and large scale depression study such as Converge. She is currently leading a multi-disciplinary team in the China Kadoorie Biobank in ascertaining and phenotyping hospitalised events of chronic diseases. Her main research interests are in the fields of clinical epidemiology of stroke, major depression, and sleeping disorders. She has published more than 70 papers in peer-reviewed journals.

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