



2nd Congress of Asian Society of Sleep Medicine

March 22-25, 2018 | Seoul, Korea

www.assm2018.com

FP-0014

Sleep Disorders - Breathing

Poster

GESTATIONAL HYPERTENSION AND RISK FACTORS FOR OBSTRUCTIVE SLEEP APNEA AMONG EMPLOYED PREGNANT WOMEN: A CASE-CONTROL STUDY

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Purpose: One of the most important medical issues during pregnancy is gestational hypertension. Disordered breathing during sleep plays an important role in development of gestational hypertension. This study was conducted to assess risk factors for sleep apnea among pregnant employed participants.
Methods: This was a case-control study recruited 200 employed pregnant participants with gestational hypertension and 200 healthy pregnant participants. Gestational hypertension was defined as blood pressure >140/90 after 20 weeks of gestational age and no proteinuria. Chi-squar and Mann-whitney tests were used for data analysis.
Results: Participants with gestational hypertension had mean±SD of age and Body Mass Index (BMI) 32.85±5.45 (year) and 31.85±5.97 (kg/m²), respectively. The ones with gestational hypertension had more BMI, snoring, and neck circumference significantly (P-values <0.012, <0.025, and <0.007, respectively). Participants with sales and service occupations had the most frequency of gestational hypertension.
Conclusion: Pregnant mothers with gestational hypertension had higher BMI, snoring, observed apnea, and neck circumference. Accordingly, taking history of sleep related problems and assessment of risk factors for obstructive sleep apnea are warranted among pregnant mothers especially the ones with gestational hypertension.