



Prevalence and Impact of Sleep Disorders in Migraine: A case control study

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Background and Aims

- Sleep disturbances are frequently reported among individuals with migraine and may contribute to increased headache frequency, chronicity, and disability.
- This study aimed to assess sleep quality in migraine patients using validated tools and to explore associations with migraine characteristics and psychological comorbidities.

Methods

Diagnosis ICHD-3 criteria

PSQI

Pittsburgh Sleep Quality Index

OSA

Obstructive sleep apnea

RLS

Restless legs syndrome

ESS

Epworth Sleepiness Scale

BDI

Beck Depression Inventory

GAD-7

Generalized Anxiety Disorder-7

200

Migraine Patients

Mean age: 34.28 ± 11.06 yr

80

Healthy Controls

Mean age: 35.19 ± 10.58 yr

48.2%

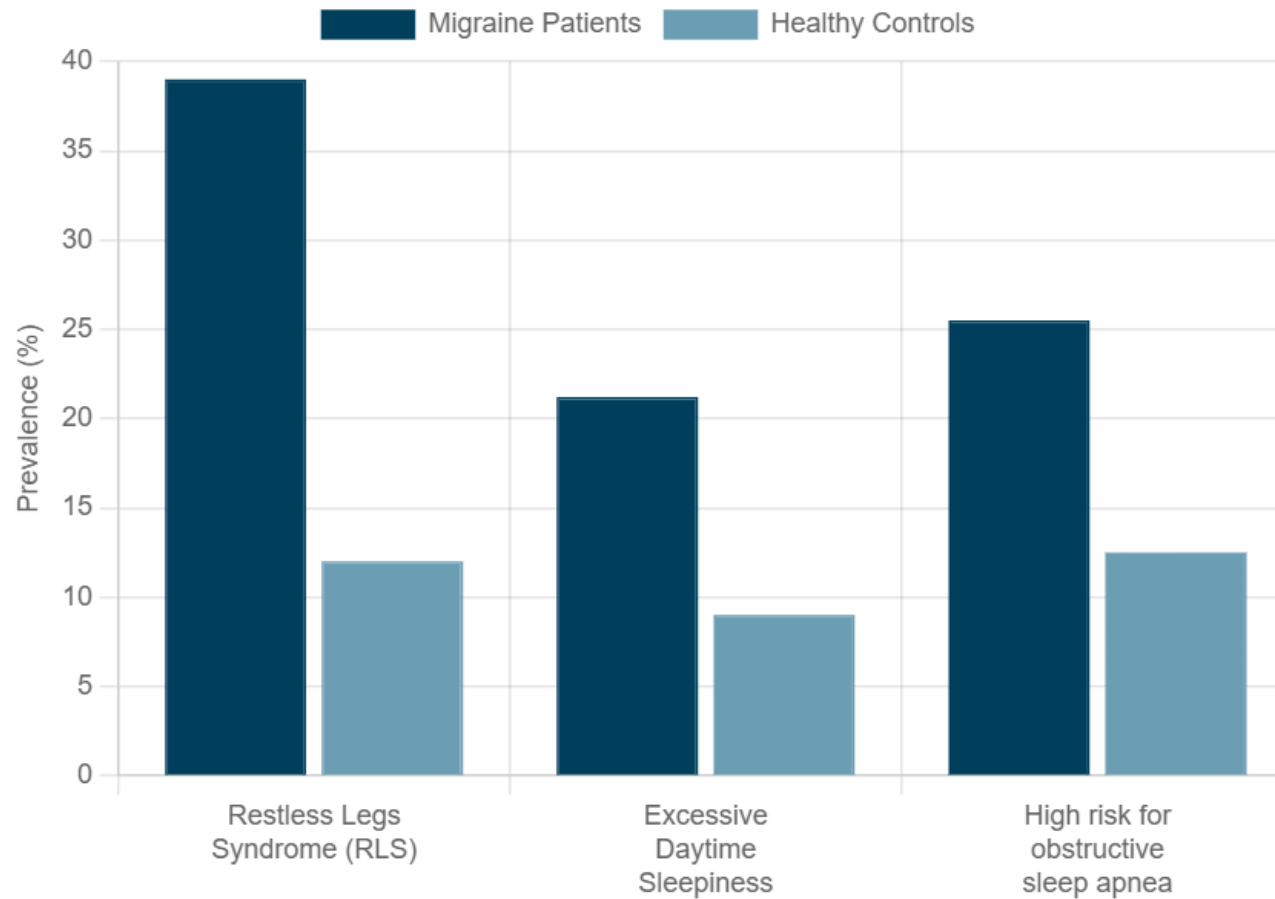
Overweight Patients

BMI >25 in migraine group

51.8%

Overweight Controls

BMI >25 in control group



Identifying the At-Risk Population

Chronic

Patients with chronic migraine are more likely to experience poor sleep.



Female patients reported a higher incidence of sleep disturbances.



Higher headache frequency, duration, and disability correlate with poorer sleep.



Co-existing psychological conditions amplify sleep issues.

Conclusion:

- These findings highlight the importance of incorporating routine sleep assessments into migraine management.
- Targeted interventions addressing sleep and psychological health may help reduce migraine burden and improve overall patient outcomes.