

P27. Sleep quality assessment in women with premature ovarian insufficiency using Hormonal Therapy

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Context: Studies indicate that hypoestrogenic women after menopause have deteriorated sleep quality. However, there are no data for middle age women with POI and hormone replacement therapy (HT).

Objective: To assess sleep quality indices in women with POI using hormonal therapy (HT).

Methods: A Cross-sectional study, approved by the ethics committee. Significance level adopted for the statistical tests of 5%. The Mann-Whitney test was used to compare the matched groups and the Spearman coefficient test to analyze the correlation between the numerical variables.

Patients: 100 women aged 18 and 45 years divided into two groups: the study group consists of 50 women diagnosed with POI and using HT, and 50 women with preserved ovarian function, matched by age (± 2 years) (control group).

Interventions: Three indicators were considered: Pittsburgh Sleep Quality Index (PSQI), Sleepiness Scale of Epworth (SSE) and Fatigue scale.

Main Outcome Measures: To measure general sleep quality, daytime sleepiness and fatigue in women with POI.

Results: Considering women with POI and control group, PSQI scores were respectively 18.8 ± 8.6 and 18.1 ± 8.7 ($p = 0.6$), SSE were 9.0 ± 4.3 and 9.5 ± 4.5 ($p = 0.53$) and Fatigue Index were 20.5 ± 5.4 and 18.0 ± 6.2 ($p = 0.01$), indicating slightly more fatigue among women with POI. Regarding correlation analysis, it was verified that Fatigue Index had a positive correlation with PSQI in the two groups (POI Group $R = 0.54$ $p = 0.0004$ and Control Group $R = 0.37$ $p = 0.007$). Fatigue also correlated with somnolence considering only women with POI ($R = 0.35$ and $p = 0.01$). In addition, PSQI had a positive correlation with age ($R = 0.33$ $p = 0.02$), considering POI Group.

Conclusions: Women with POI in HT do not indicate a significant difference in sleep quality and sleepiness indexes compared to women with preserved ovarian function. Considering the literature evidence for postmenopausal women, it is possible to suppose that hormone therapy, avoiding hypoestrogenism, and the fact that they are younger, are factors to maintain sleep quality.

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