PARTNERS' OBSERVATIONS OF SLEEP DISORDERS IN PREGNANT WOMEN

V. Konstanty-Kurkiewicz[1], A. Gawlikowska-Sroka[2], E. Dzięciołowska-Baran[2], J. Szczurowski[3], M. Szałowska-Bojarun[4]

[1] Department of Gynecology , Pomeranian Medical University, Szczecin, Poland

[2] Department of Anatomy, Pomeranian Medical University, Szczecin, Poland, Al. Powstańców Wlk. 72, 70-111 Szczecin, Poland

[3] Department of Anthropology, Wrocław University of Environmental and Life Sciences, Poland

4 CORECTA, Clinic of childrens' rehabilitation and therapy

Snoring is a significant problem for patients. As a result of disturbed breathing, organic changes may occur not only in the respiratory system. Very often, symptoms of chronic fatigue and irritability due to disturbed sleep appear not only in snoring patients, but also in people sleeping in the same room. In snoring pregnant women, pre-eclampsia is more often observed in relation to women without this disorder. Breathing disorder in pregnant women also increases the risk of low Apgar child scoring. In order to ensure the welfare of the fetus and newborn, it is worth recognizing and eliminating this symptom in patients.

The aim of the study was to analyze the observation of breathing disorders during sleep of pregnant women by their partners. The original questionnaire survey prepared by authors was carried out in 50 partners of pregnant patients under the care of the Clinic of Pregnancy Pathology PUM in Szczecin. The results were statistically analyzed using Statistica for Windows. The level of significance was assumed $p = 0.05$. One quarter of the patients experienced sleep disturbance in pregnancy. More often, this concerned patients with a higher BMI. Only in some patients, snoring was observed before pregnancy. In all cases, the partners observed the occurrence of these symptoms, usually it did not interfere with their sleep, neither saw the danger in this symptom, nor the need for specialist advice.

Low awareness of the risks resulting from snoring and the need for education in this area was found