

# High prevalence of DSM-5/ICSD-3 insomnia, self-reported sleep problems, and hypnotic use in patients visiting their general practitioner



Bjørn Bjorvatn<sup>1,2</sup>, Eivind Meland<sup>1</sup>, Elisabeth Flo<sup>1</sup> and Thomas Mildestvedt<sup>1</sup>

<sup>1</sup>Department of Global Public Health and Primary Care, University of Bergen, Norway

<sup>1,2</sup>Norwegian Competence Center for Sleep Disorders, Haukeland University Hospital, Norway

## Introduction and purpose

Sleep problems are common in the general adult population, and insomnia is reported in 10-15%. There are few studies among patients visiting their general practitioner (GP). Since sleep problems frequently co-occur with existing psychological and somatic conditions, the prevalence is likely to be higher in patients visiting their GPs compared to the prevalence in the general population. Our aim was to estimate the prevalence of insomnia (using both DSM-4/ICSD-2 and DSM-5/ICSD-3 criteria), self-reported sleep problems, and hypnotic use in a large group of patients visiting their GPs.

## Methods

Questionnaire data were collected by 66 medical students while deployed in general practice during their last year of medical school. A total of 1346 consecutive patients were included. They were visiting their GP for different kinds of health problems. No exclusion criteria were used. The response rate was 74%. The validated Bergen Insomnia Scale was used to diagnose insomnia. In addition, patients answered single questions on sleep problems (no, a little, some, a lot, very much) and hypnotic use (no, occasionally, 1-2 days per week, 3-6 days per week, daily).

## Results

Mean age: 47.8 years (SD 18.9). Gender: 64.1% females.

Insomnia prevalence:

53.6% with DSM-4/ICSD-2 criteria

47.4% with DSM-5/ICSD-3 criteria

Self-reported sleep problems were reported by 55.8%.

Hypnotic use was reported by 16.2%.

Only 9.9% reported no problem with sleep at all.

Insomnia ( $p < .0005$ ), self-reported sleep problems ( $p < .030$ ) and hypnotic use ( $p < .001$ ) were all more prevalent in females compared to males.

Hypnotic use increased with age ( $p < .0005$ ), but prevalence of insomnia was lower among patients 70+ years (34.4%) compared to younger age groups (ranging from 47.0 to 50.7%) ( $p < .01$ ).

	% (n)
Experiencing sleep problems, n=1332	
No	44.2 (589)
A little	21.1 (281)
Some	16.7 (222)
A lot	11.7 (156)
Very much	6.3 (84)
Using hypnotics, n=1338	
No	83.8 (1121)
Occasionally	8.1 (109)
1-2 days per week	0.8 (11)
3-6 days per week	1.7 (23)
Daily	5.5 (74)
Sleep onset insomnia, n=1313	44.9 (590)
Sleep maintenance insomnia, n=1299	41.3 (536)
Early morning awakening insomnia, n=1302	39.5 (514)
Non-restorative sleep insomnia, n=1295	58.1 (753)
Insomnia, DSM-4 criteria, n=1301	53.6 (697)
Insomnia, DSM-5 criteria, n=1299	47.4 (616)
No problem with sleep <sup>1</sup> , n=1328	9.9 (132)

<sup>1</sup>Defined as not experiencing sleep problems and not using hypnotics and not reporting any days during the last month with more than 30 minutes sleep onset/sleep maintenance/early morning awakening.

## Conclusions

Insomnia, self-reported sleep problems, and hypnotic use were very prevalent among patients visiting their GPs.

About 50% satisfied the criteria for insomnia.

Only about 10% reported no problem with sleep whatsoever.