Prevalence of Insomnia in Latin-American Indigenous Women in Climacteric

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Introduction: Insomnia is part of sleep disorders. They are an important manifestation of climacteric and contribute to the deterioration of the quality of life. There are few studies about sleep disorders in Latin-American indigenous. Objective: To estimate the prevalence of insomnia in indigenous in climacteric from two Latin-American countries. Methods: Cross-sectional study that involves indigenous from Colombia (Zenú, settled at sea level) and Perú (Quechua, at 3300 MASL), with ages between 40-59 years. They were assessed with a questionnaire sociodemographic data and Athens Insomnia Scale (AIS), which has 8 items that allow indicating the clinical presence of insomnia. Women were interviewed by trained women. Data analysis was performed using the EPI-INFO7 statistical program. A p value of <0.05 was considered as significant. Results: 623 women were included. Average age:47.8±6.3 years, BMI:23.8±2.8, number of children:4.1±1.9. Diabetic women:4.9%, Arterial hypertension:2.8%, never smokers:94.8%. Women still had menstruations 51.0% and 49.0% were in postmenopause. 4.3% women were using hormonal therapy. Between 305 postmenopausal, the last menstruation was at 43.8±3.1 years and they had 9.4±4.5 years without menstruations. The average score in the AIS was 5.1±4.3. The worst score was somnolence (0.9±0.8), followed by awakening earlier than desired and duration of the sleep. 40.7%[CI95%:36.9-44.7%] of the women presented insomnia. The presence of insomnia in postmenopausal women was higher than in those women with menstruations (71.6% and 28.3%, respectively), statistically significant difference. Conclusions: In a group of indigenous in climacteric from two Latin-American countries and resident at different meters above sea levels, four of ten women had insomnia. The prevalence of insomnia increased significantly with the cessation of the menstruation.