

Sleep-disordered breathing and disruption of sleep physiology in adult hypothyroid patients

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In this study, the stages of sleep and the effect of sleep on respiration were studied in 20 female subjects using polysomnographic study on the whole night. The patients were divided into two groups : A hypothyroid group and a control group, each consisted of ten females. The results revealed a statistically significant increase in OSA, the duration of stage II of sleep and total sleep time in hypothyroid group compared with the controls. An insignificant decrease in stages III and IV of sleep was also noticed in hypothyroid group compared with the controls.