

Polysomnographic assessment of sleep in patients with panic disorder

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In this study, objective and subjective sleep quality was investigated in 20 drug free panic disorder patients selected according to ICD-10 research diagnostic criteria as compared with 20 age and sex matched normal controls by means of polysomnography and psychometry. The results showed that patients with panic disorder have impaired sleep quality. A reduction of SWS percentage, mainly due to diminished amounts of stage 4, together with an increase in both stage 1 and stage 2 of NREM sleep were noted. There was a significant correlation between the changes of sleep latency, sleep efficiency and arousal index and both anxiety and depressive symptoms.