

Subjective Reports of Sleep Quality: Clinical Utility

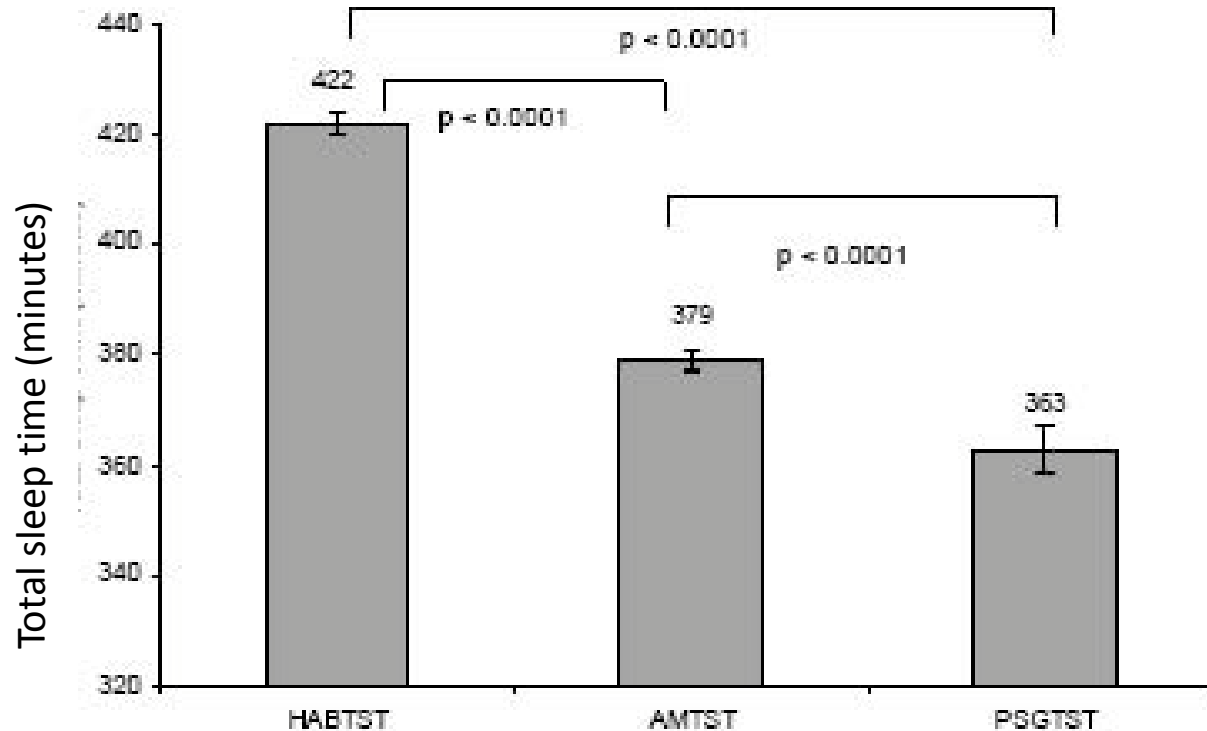
E O Bixler, PhD

Sleep Research & Treatment Center

Penn State University

Sleep duration: subjective vs objective

Significant differences were observed between subjective habitual (HABTST), and after in-home PSG (AMTST) and objective in-home PSG (PSGTST) in the Sleep Heart Health Study

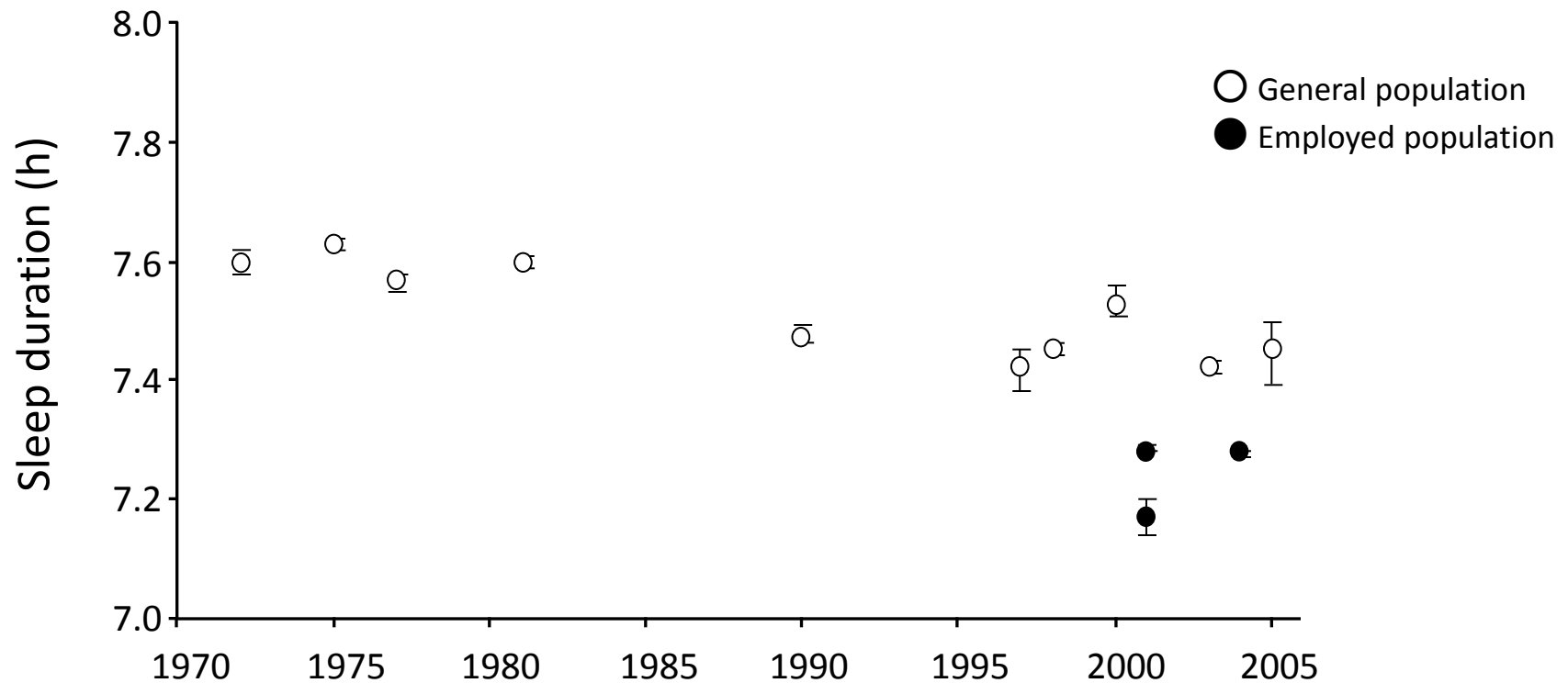


n=2113

Sleep duration over last 33 years

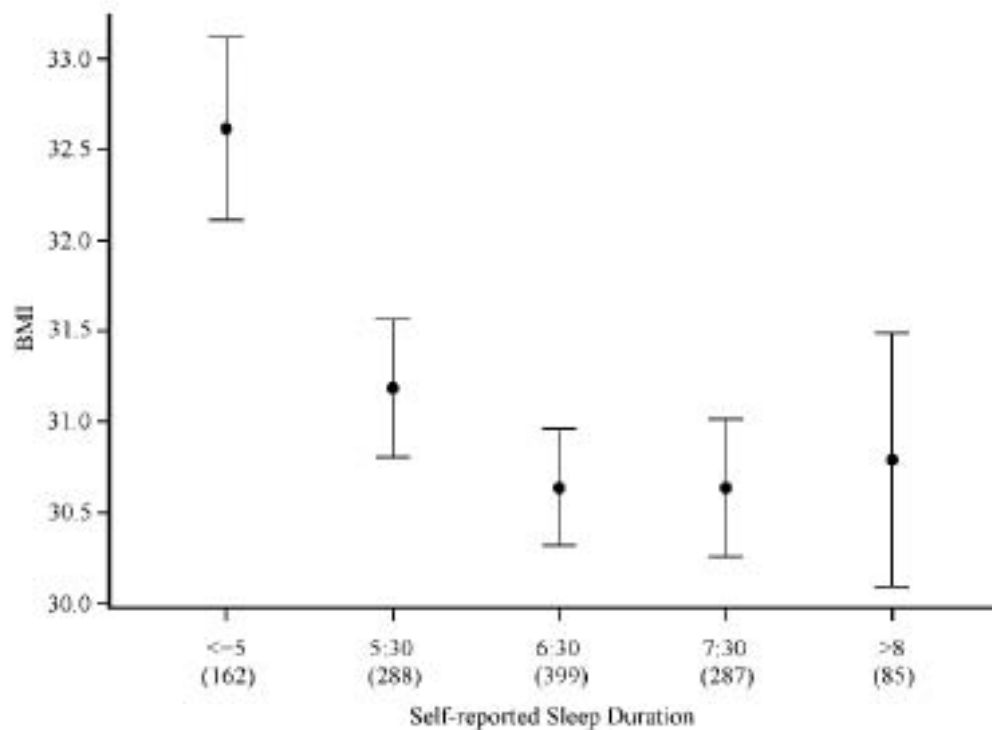
- Subjective sleep duration has decreased by ~5.5 min/decade in Finland

Self-reported sleep duration (mean \pm 95% CI)



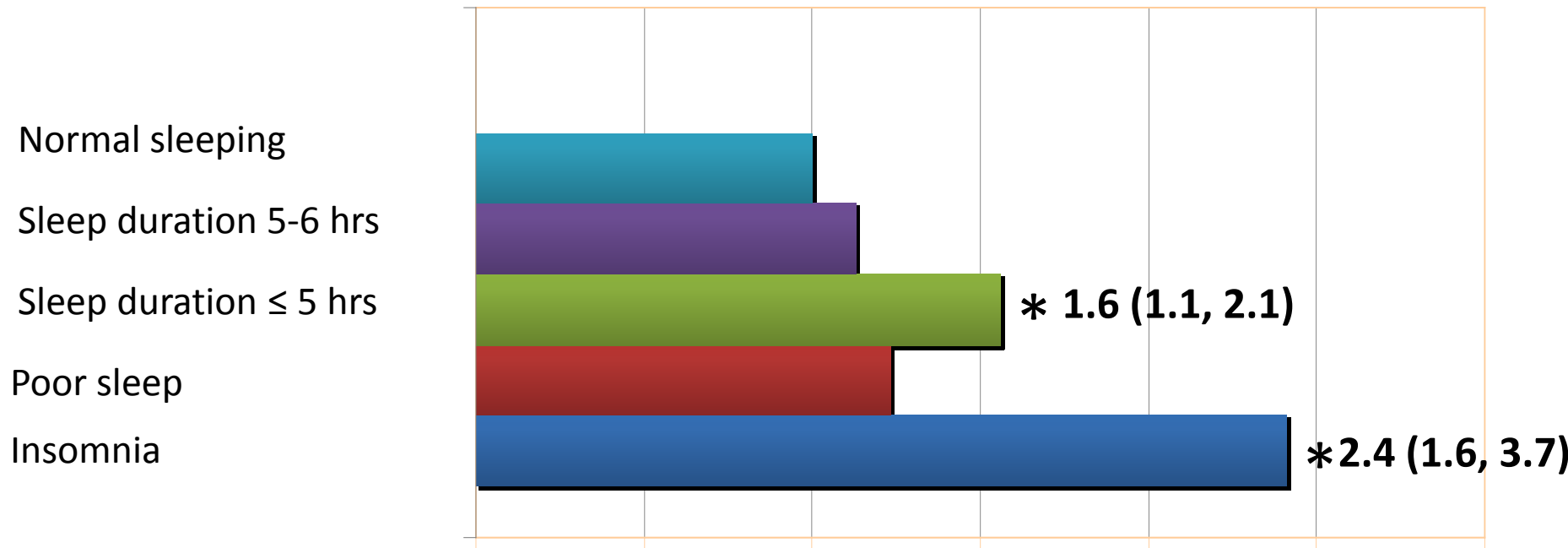
Sleep duration: obesity

U-shaped association between sleep duration and BMI from Wisconsin Sleep Cohort



n=1024

Penn State Cohort – Association of Hypertension with Insomnia or Objective Sleep Duration



Odds Ratio

Vgontzas, 2009