

Epworth Sleepiness Scale distribution among smokers and drinkers

Cugy Didier^{1,2}

¹ Pavillon de la mutualité – Bordeaux – France

² CHU Pellegrin – Bordeaux – France

Introduction :

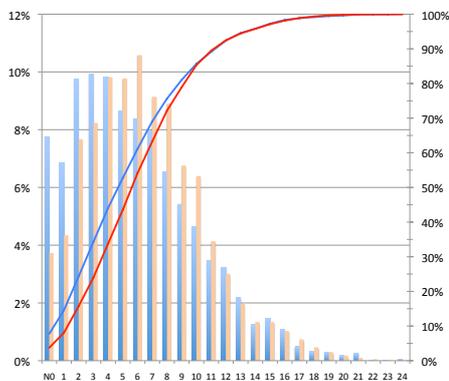
Since 2004 ESS is used for sleepiness screening in patient older than 40 at Bordeaux and Cenon primary healthcare centers. Many others informations are recorded like : patient status - smoker or no, -drinkers or no. We report here distribution of ESS among these populations.

Matériel and Methods :

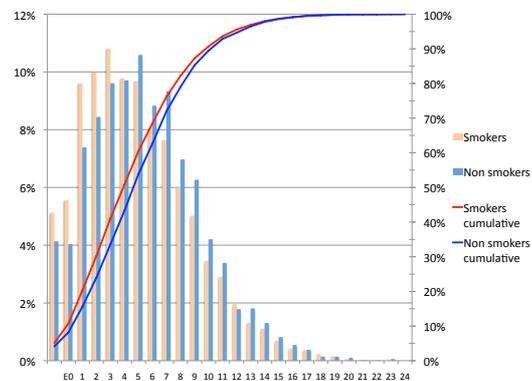
We process the database consisting of 33962 healthcare checkups performed from 2004 to December 31, 2008. From these datas we compare distribution of ESS between smokers (N=16419), occasional smokers (N=10599), non smokers (N=6944) ; alcool drinkers (N=3434), occasional drinkers (N=21488), non drinkers (N=9040). Comparison of ESS distribution between these populations is performed by Khi2. and by t-test after normalization of ESS by SQR operator. We exclude from analysis occasional drinkers in the purpose to simplify comparison.

Results :

There is significative difference of distribution between smokers and non smokers ($p < 0.0001$). Smoker population show shifted distribution to lower scores than non smokers. There is also significative difference between drinkers and non drinkers ($p < 0.0001$). Drinker population show shifted distribution to higher scores than non drinkers.



Drinkers vs Non drinkers



Smokers vs Non smokers

Discussion :

The Increase of ESS with alcool is also consistent with Koutsourelakis & al findings (1). These results are consistent with common idea than tobacco increase vigilance and alcool decrease vigilance.

Bibliography :

(1) Koutsourelakis &al. Determinants of subjective sleepiness in suspected obstructive sleep apnoea. J Sleep Res. 2008 Dec;17(4):437-43. Epub 2008 Aug 27.

Contacts : didier.cugy@chu-bordeaux.fr