



## **DAMAGE TO SLEEP QUALITY: AN OBSTACLE TO QUALITY OF LIFE IN SYSTEMIC LUPUS ERYTHEMATOSUS - PRELIMINARY RESULTS**

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### **BACKGROUND**

Juvenile Systemic Lupus Erythematosus (JSLE) is an autoimmune condition that manifests itself in many organs and systems. Sleep disorders may compromise their quality as well as alter the quality of life (QOL) in children or adolescents with JSLE. The objective of this study is to describe the quality of life and quality of sleep in children and adolescents with JSLE and to verify possible associations between sleep disorders and quality of life in this population.

### **MATERIALS AND METHODS**

Observational, cross-sectional, analytical study with data obtained through a sociodemographic questionnaire and instruments for evaluation of quality of life and quality of sleep validated for this population. Participants were patients between the ages of 3 and 18 years, with JSLE, who were followed up at the referral service in pediatric rheumatology, belonging to the HUPES complex of the Federal University of Bahia, in Salvador-Bahia.

### **RESULTS**

Twenty pediatric patients with JSLE were evaluated; of these, 76.2% were female; mean ( $\pm$  SD) of 14.6 years ( $\pm$  2.9), and self-reported non-white 84.2%. In relation to sleep quality, 88.9% of these individuals took up to 30 minutes to start sleep and 33.4% had sleep duration of 8 hours or less. Analyzing Epworth Sleepiness Scale, 36.9% presented daytime somnolence and 72.2% of the children presented a global sleep-related disorder score of over 39. Analyzing the quality of life under the eyes of the children, the social domain of QOL versus emotional had a median (interquartile range) of 100 (85-100) x 60 (50-90), and the school versus physical domain of QOL was 75(69, 9-91.7) x of 88(69-94), and the psychosomatic domain of QOL was 76.7 (62.9-91.7).

### **CONCLUSION**

Preliminary results show that the population studied was predominantly female and not white. Regarding sleep quality, 36.9% of this population presented excessive daytime sleepiness, 72.2% presented sleep related disorder. Regarding QOL, the emotional domain was the worst evaluated, which can be justified by the number of stressors involved in the course of JSLE in these patients.