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DISTURBANCES OF SLEEP IN SCHIZOPHRENIA

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Objectives: Disturbances of sleeping are very common among patients suffering from mental disease. The purpose of the research is to find a relationship between schizophrenia and disturbances of sleeping, such as problems with falling asleep, arousing at night, waking up untimely in the morning, bad quality of sleeping and its insufficient quantity.

Method: 16 patients (3 women and 13 men) with a diagnose of schizophrenia were recruited to the study. The battery of cognitive neuropsychological tests used to assess disturbances of sleeping included: Athen Insomnia Scale (AIS), Beck Depression Inventory (BDI) and Frankfurt Self-feeling Scale (FBS).

Results: In the examined group statistically significant presence disturbances of sleeping was found, and in this connection worse self-feeling were also affirmed.

Conclusions: The above correlations between disturbances of sleeping and worse mood indicate that removing of that disturbances improves mental and physical condition of patients with schizophrenia . The awareness of these correlations may be important in the process of constructing treating programmes for patients.