

## PW01-225 - PERCEPTION SLEEPS DISORDERS IN DRUG DEPENDENT PATIENTS

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**Introduction:** Drug substance abuse has been related with chronic insomnia and other sleep disorders that are thought to interfere in detoxification treatment and relapse induction. These disorders can persist after drug detoxification.

**Objectives:** To describe sleep disorders referred by drug dependents patients in an inpatient detoxification unit.

**Methods:** We prospectively studied drug dependents patients admitted to our Detoxification Unit from January 2005 to March 2009. The first night, patients were asked to complete an 11-item questionnaire measure designed to assess the relationship between sleep disorders and drug use. Responses ranged from 1 to 7. The questionnaire measured the following:

- a) insomnia before hospitalization;
- b) patients' beliefs about the relationship between insomnia and drug use;
- c) insomnia in previous detoxifications;
- d) patients' worry about insomnia;
- e) treatment of sleep disorder with benzodiazepines.

**Results:** The study sample included 150 patients (75.3% men). 39% of the patients suffered from alcohol abuse, 34.67% from cocaine abuse, 22.67% from opioid abuse, 21% from cannabis abuse, 18% from benzodiazepine abuse, and 12.67% of patients were polydrug users. Lifetime prevalence of sleep disorders was 68.1%. 64% had suffered insomnia the months previous to detoxification. 80.1% of patients' referred sleep disorders in relationship with substance abuse. 69.4% were worried about insomnia during detoxification. 75.4% of patients took benzodiazepines without prescription.

**Conclusions:** Sleep disorders in patients with drug abuse are frequent. A high prevalence of patients having worries about insomnia during the detoxification treatment and believing in a relationship between their sleep disorders and the drug abuse was found.