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LIBIDO DISORDERS IN PATIENTS WITH OBSTRUCTIVE SLEEP APNEA SYNDROME

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Rationale. Obstructive Sleep Apnea Syndrome (OSAS) is the most common type of sleep apnea in general population, especially obese. It is characterized by the repeated episodes of upper airways obstruction during sleep. OSAS syndromes include: snoring, irregular breathing during sleep, excessive daytime sleepiness and sometimes decreased libido.

Objective. The aim of study was to assess the prevalence of weakened sex drive in OSAS patients.

Material and methods. The study was conducted among 297 patients, who were to undergo a scheduled polysomnography. The survey included questions regarding OSAS symptoms, quality and length of sleep, sleep breathing disorder and the impairment of sexual functioning.

Results and discussion. 257 subjects responded to the question regarding the disturbance of libido in relation to sleep disordered breathing. Weakened sex drive was reported by 172 patients (67%): 57,4% women and 69,46% men. The median age in the group of men with libido disorders was higher than in the group without. There was no significant correlation between apopnea-hypopnea index with weakened sex drive.

Conclusions. More men were affected by the negative influence of sleep apnea on sex drive. Age of patients affected negatively the sex drive in men, but not in women. Severity of OSAS measured by apopnea-hypopnea index did not correlated with libido disorders.