

Sleep disorders in the adult population of Santiago of Chile and its association with common psychiatric disorders Trastornos del sueño en la población adulta de Santiago de Chile y su asociación con trastornos psiquiátricos comunes

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Introduction: Sleep disorders are a frequent problem and they are a usual reason of primary care consultation, because they are associated to significant deterioration in quality of life. Insomnia is the most common sleep disorder whose estimated total prevalence in adults is 19.1%, 85% of which are chronic insomnia. This, in turn, is closely related to psychiatric disorders and has been described as a depressive episode marker. **Aims:** To characterize the Santiago adult population suffering from sleep disorders and analyze their statistical association with common mental disorders.

Methodology: It corresponds to a secondary analysis of the survey "Common Mental Disorders in Santiago." A cross-sectional survey that used the adult population of Santiago whose ages ranged from 16 to 64 years as a sample was carried out. A structured interview covering sociodemographic factors and the Revised Clinical Interview Schedule (CIS-R) to measure emotional symptoms were applied. **Results:** 3867 people