

ASSOCIATION OF MID-DAY NAPS OCCURRENCE AND DURATION WITH BLOOD PRESSURE LEVELS IN HYPERTENSIVE PATIENTS. A PROSPECTIVE OBSERVATIONAL STUDY.

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DECLARATION OF INTEREST

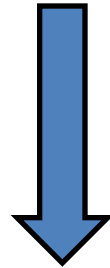
- I have nothing to declare



Purpose-Methods

Assess the effect of mid-day sleep on blood pressure levels in hypertensive patients

Prospective observational study



386 hypertensive patients (200 males and 186 females)

mid-day sleep time

office BP

ABPM

PWV

echocardiographic evaluation



Clinical Characteristics

Parameters	Values
Gender (male %)	51
Age (years) (Mean SD)	61±11.9
BMI (kgr/m ²) (Mean SD)	28.79±5.11
Waist circumference (cm) (Mean SD)	95.24±19.06
SBP (Mean SD)	129±12.4
DBP (Mean SD)	76±9.4
Dyslipidemia (%)	57.1
Diabetes Mellitus (%)	27.05

Lifestyle habits				
Exercise (%)	53.6			
Smoking (%)	31.3			
	No	Light	Moderate	Severe
Alcohol Consumption (%)	70.59	10.86	16.29	2.26
Salt Consumption (%)	31.54	21.81	31.88	14.77
Coffee Consumption (%)	22.33	32.56	33.49	11.63



Results

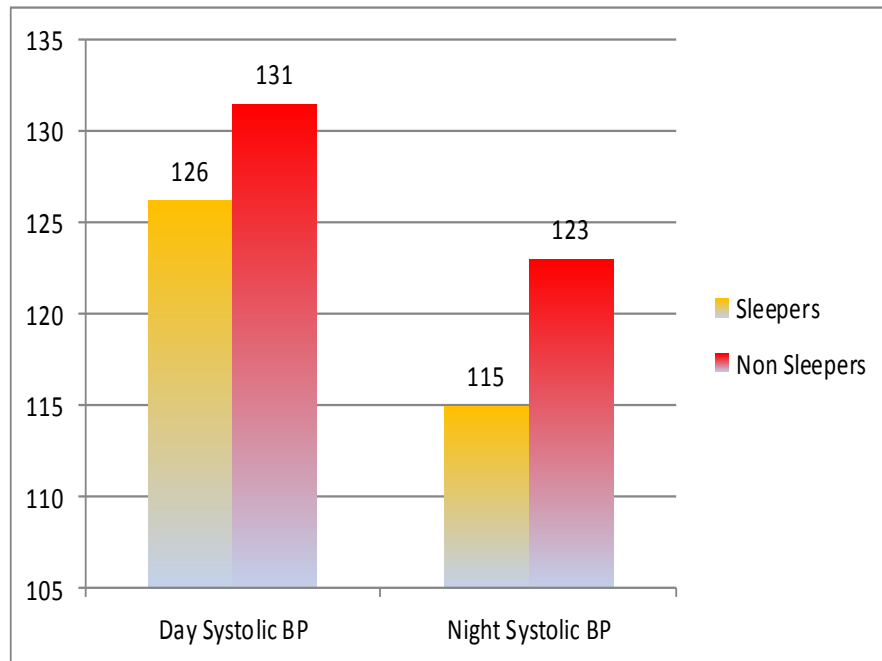
Associations of sleeping noon variables

Parameters	OR	No sleepers	Sleepers	P-value
PWV	0.78	10.41±2.27	9.29±1.64	0.017
LA	0.89	41.6±4.89	39.17±4.63	0.019
Daytime SBP	0.96	131.45±13.21	126.18±10.25	0.021
Daytime DBP	1.02	76.92±10.73	79.35±5.79	0.174
Nighttime SBP	0.96	122.56±15.13	114.97±11.23	0.004
Nighttime DBP	0.99	69.57±10.68	69.56± 6.31	0.99
Avg SBP	0.96	130± 12.93	124.27±10.2	0.01
Avg DBP	1.01	75.87± 9.89	77.7±5.75	0.271
Dipping %	1.03	6.51± 8.22	9.15± 4.67	0.073
Office SBP	0.99	141.16± 30.63	138.17±16.69	0.6
Office DBP	1.009	80.53±18.32	83.06±11.31	0.466



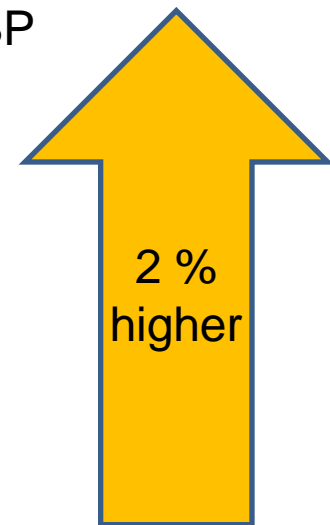
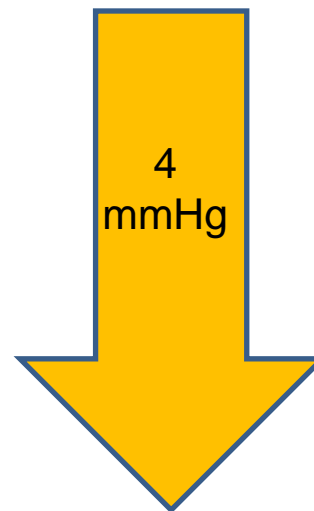
Results

Average day and night systolic blood pressures (mmHg)



60 minutes midday sleep

24 hour systolic BP



dipping status

