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Original Article

# Validation of a novel sleep-quality questionnaire to assess sleep in the coronary care unit: a polysomnography study

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### Highlights

- Development and validation of a sleep questionnaire to evaluate the sleep of patients admitted in a coronary care unit.
- Validation with polysomnography.
- The questionnaire had a good correlation with the sleep efficiency assessed by polysomnography.

# Abstract

## Introduction

The sleep of patients admitted to coronary care unit (CCU) may be compromised. A feasible and cost-effective tool to evaluate sleep in this scenario could provide important data. The aim of this study was to evaluate sleep with a questionnaire developed specifically for the CCU and to validate it with polysomnography (PSG).

## Methods

Ninety-nine patients (68% male;  $56 \pm 10\%$  years old) with acute coronary syndrome were included. PSG was performed within  $36\%$  h of admission. A specific 18-question questionnaire (CCU questionnaire) was developed and applied after the PSG. Cronbach's alpha test was used to validate the questionnaire. The Spearman test was used to analyze the correlation between the PSG variables and the questionnaire, and the Kruskal-Wallis test was used to compare the PSG variables among patients with good, regular, or poor sleep.

## Results

The total sleep time was  $265 \pm 81\%$  min, sleep efficiency  $62 \pm 18\%$ , REM sleep  $10 \pm 7\%$ , apnea/hypopnea index  $15 \pm 23$ , and the arousal index  $24 \pm 15$ . Cronbach's alpha test was 0.69. The CCU questionnaire showed correlation with the sleep efficiency evaluated by PSG ( $r: 0.52; p < 0.001$ ). Sleep quality was divided into three categories according to the CCU questionnaire: patients with good sleep had a sleep efficiency of  $72 \pm 9\%$ , better than those with a regular or poor sleep ( $60 \pm 16\%$  and  $53 \pm 20\%$ , respectively;  $p < 0.01$ ).

## Conclusion

The CCU questionnaire is a feasible and reliable tool to evaluate sleep in the CCU, showing correlation with the PSG sleep efficiency.



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## Keywords

Sleep quality; Coronary care unit; Questionnaire design; Polysomnography; Acute coronary syndrome

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