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## Introduction

- Sleep disorders are highly prevalent, though the majority of patients remain undiagnosed.
- In the primary care setting, it is believed that little time is spent screening for sleep disorders.

## Hypothesis

- We hypothesized that primary care provider (PCPs) do not routinely evaluate for sleep disorders in new patients.
- Validated questionnaires could efficiently identify individuals with sleep disorders warranting further evaluation

## Methods

- New adult (ages 18-65) patients seen in a primary care clinic at an urban academic institution were recruited.
- Patients were approached during checkout and asked to complete the Cleveland Sleep Habits questionnaire (CSHQ) (includes Berlin questionnaire and Epworth Sleepiness Scale or ESS) and the STOP questionnaire.
- Patients were timed while completing each questionnaire.
- The new patient encounter was reviewed for elements of a sleep history, sleep review of systems, and/or sleep workup

### Subject Characteristics (N = 101)

#### Demographics

Age (yrs)	38 (+/-12.9)
Gender (%)	
Male	43
Female	57
Race (%)	
White	46
African- American	38
Hispanic	11
Other	5

**BMI > 30 (%)** 44

#### Co- morbidity (%)

Hypertension	22
Diabetes Mellitus	8
Hypothyroidism	3
Coronary artery disease	0
Heart failure	0
Arrhythmias	0
Obstructive sleep apnea	3
Restless leg syndrome	0
Insomnia	5

#### Habits (%)

Smoking	51
Alcohol	39
Illegal drug use	1
Caffeine	93

### Specialty Referrals and Diagnostic Workup

#### Specialty referral (%)

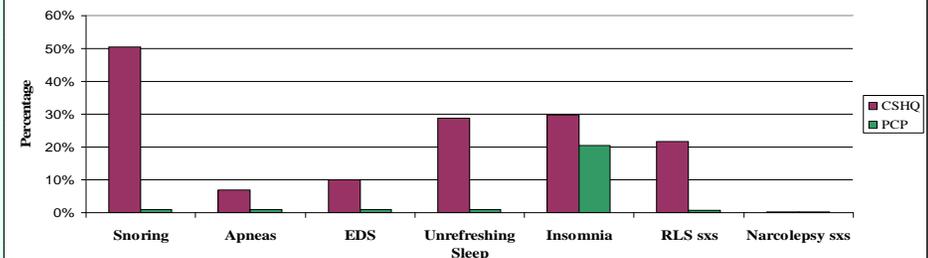
Sleep Clinic	2
Psychiatry	7
Pulmonary Clinic	0
Otolaryngology	0
Neurology	0

#### Diagnostic work up (%)

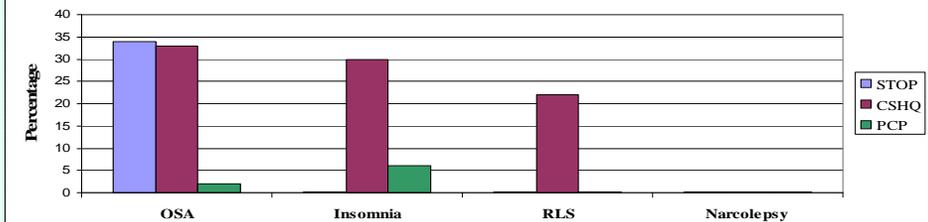
Polysomnogram	1
TSH	1
Ferritin	0

## Results

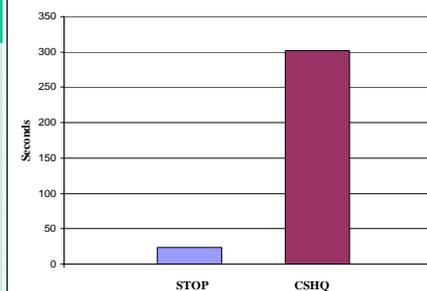
### Prevalence of Sleep Symptoms: CSHQ vs. PCP



### Diagnosis of Sleep Disorders: STOP vs. CSHQ vs. PCP



### Time to Complete: STOP vs. CSHQ



## Conclusions

- Sleep disorders are common but are not routinely screened for in the primary care setting during new patient evaluations.
- The use of validated questionnaires may help to efficiently identify common sleep disorders in these patients.