E-Poster

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# Does Chronic Non-Specific Neck Pain Impair Sleep Quality and is it Associated With Bruxism?

**Topic:** Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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## BACKGROUND

In this study, we examined the impact of chronic nonspecific neck pain on sleep quality, along with the prevalence of bruxism, a factor associated with neck pain, and to identify possible relationships among these factors.

## METHODS

This was a cross-sectional descriptive study. Patients aged 18 and older with chronic nonspecific neck pain lasting at least three months and a Visual Analog Scale (VAS) score of 3 or higher were evaluated for inclusion. 305 patients were enrolled in the study. Demographic characteristics of the patients were recorded. The severity of neck pain was assessed using a VAS during rest, activity, and at night, and the duration of the pain was noted. Sleep quality was evaluated using the Pittsburgh Sleep Quality Index (PSQI), and the presence of bruxism was assessed with a bruxism evaluation questionnaire.

## RESULTS

A total of 250 women (82%) and 55 men (18%) participated in the study, with a mean age of 44.8 ± 16.7 years. The median duration of neck pain among patients was 36 months. The average VAS scores were 4.6 ± 2.3 at rest, 5.8 ± 2.4 at night, and 4.7 ± 2.7 during activity. The mean PSQI score was 7.1 ± 3.2. Analysis revealed a significant correlation between PSQI scores and clinical parameters, with resting, night, and activity VAS scores ($p = 0.000$). PSQI scores also positively correlated with disease duration ($p = 0.001$). Resting and night VAS values correlated significantly with all PSQI sub-parameters except for the use of sleeping pills. Similarly, activity VAS values showed no correlation with the use of sleeping pills or daytime dysfunction, but they were correlated with the other PSQI sub-parameters. Bruxism was identified in 248 patients (81.3%) with neck pain, and those with bruxism had a longer duration of neck pain than those without ($p = 0.018$). Additionally, the mean PSQI score for patients with bruxism was 7.4 ± 2.9, significantly higher than the 5.9 ± 2.5 mean score of those without bruxism ($p = 0.000$)

## CONCLUSION

Individuals with chronic neck pain experience a negative impact on sleep quality, and bruxism is prevalent in this population. Due to the correlation between chronic nonspecific neck pain, sleep quality, and bruxism, a multidisciplinary approach is essential for treatment.

**Statement of Disclosures**

None

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