Relationship between Road Accidents with risk of Obstructive Sleep Apnea and sleep quality between truck drivers in Qom 1391

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Abstract

Background: Drivers with obstructive sleep apnea (OSA) are at 2 to 3 times increased risk of being involved in motor vehicle crashes. Also sleepiness and low sleep quality is a major contributing factor in the frequency of highway vehicle crashes. This study is aim to assessment of correlation among traffic accident with drivers with high risk of OSA and sleep quality.

Methods: this article was studied among 214 truck driver in Transportation Company in Qom province. The drivers filled out demographic questionnaire, Berlin and Pittsburg questionnaire about risk of OSA, sleep quality and questions about history of car accident and it's frequency in previous 5 years. For analysis of qualitative parameters, we applied from chi-square. Data analysis was done in SPSS and P value below than 0.05 was significant.

Results: mean age was 42.15 years, 19.6% had poor sleep quality and 23.8% (n=51) had risk of OSA. This article showed significant difference among driver accident with sleep quality and risk of OSA (P=0.034 and p=0.004 respectively). Also there were prominent correlation between sleep quality with sleep duration and night driving($p<0.001$).

Conclusion: according to this data, risk of OSA and poor sleep quality in drivers are high and attention to this items help to decrease frequency of traffic accidents.

Keywords: Obstructive Sleep Apnea, Sleep quality, Traffic accident

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