

Discussion

1. Sleep screening tools detect a large percentage of people attending the memory clinic as impaired, in keeping with the published literature. The prevalence of a sleep disorders is as common as a mood or anxiety disorders (40%) where there is clear overlap. They are more common than tests for other reversible causes of dementia (Vit B12, folate, Thyroid function).
2. The ESS, which only tests daytime somnolence did not detect any participants without them also being detected on the PSQI.

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PREVALENCE OF SLEEP DISORDERS IN A MEMORY CLINIC POPULATION

Jenna Littlejohn,² Gary Dennis,¹ Stephen Bianchi,¹ Kirtsy Harkness,² Subha Thiyagesh,³ Daniel Blackburn¹. ¹Sheffield Teaching Hospitals NHS Foundation Trust; ²University of Sheffield; ³Sheffield Health and Social Care NHS Trust

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Intro Sleep disorders and dementia share many risk factors (age, stroke, cardiovascular morbidity, hypertension and diabetes (Cupidi *et al.* 2012). Primary sleep disorders and circadian rhythm disorders are thought to exacerbate, or even be causative in cognitive decline in the elderly (Guarnieri *et al.* 2012; Bombois *et al.* 2010).

Methods Patients were recruited from two memory clinics; 2 sleep questionnaires were used; Epworth sleepiness scale (ESS) and Pittsburgh sleep quality index (PSQI). The prevalence of sleep disorders was compared with other reversible causes of cognitive impairment from patients attending the memory clinic.

Results 49 patients took part in the study. The ESS, identified sleep disturbance in 20%, whilst 60% of participants scored positively on the PSQI.