

# Insomnia Impacts the Patient and the Household: Perceptions of the Burden of Insomnia on Next-Day Functioning

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## Introduction

- The negative effects of insomnia on patients' next-day functioning are well recognized and include functional impairments, work absenteeism, and increased rates of motor vehicle accidents.<sup>1</sup>
- However, little is known about how patients' insomnia impacts individuals living in the same household, including partners and relatives.

## Objective

- This survey examined perceptions of both insomnia patients and household cohabitants on the impact of insomnia/sleeping difficulties on next-day functioning.

## Methods

### Online Survey

- Online surveys were conducted by The Harris Poll on behalf of Eisai Inc. between February 14 and March 8, 2019.
- Respondents were selected from persons in the United States who had agreed to participate in online surveys.

### Participants

- "Patients" were adults aged  $\geq 18$  years who had been diagnosed with insomnia by a health care professional or had experienced sleeping difficulties (difficulty falling asleep or staying asleep for  $\geq 3$  nights/week for  $\geq 3$  months).
  - Rotating shift workers or adults diagnosed with narcolepsy, advanced sleep phase syndrome, delayed sleep phase syndrome, or another circadian rhythm sleep disorder were excluded.
- "Cohabitants" were adult relatives  $\geq 18$  years of age without diagnosed insomnia or sleeping difficulties who resided in the same household as a patient, as defined above.
  - Cohabitants were not required to be in a caregiving role.
  - Rotating shift workers were excluded.

### Statistical Methods

- Raw data were weighted by age within sex, race/ethnicity, annual income, size of household, education, employment, and marital status to be representative of the total population of US adults  $\geq 18$  years of age who/whose household members (spouses/partners/other relatives) have insomnia/sleeping difficulties; reported values are based on weighted data.
- Propensity score weighting was also used to adjust for respondents' propensity to be online.

## Results

### Participant Characteristics

- A total of 525 patients and 505 cohabitants completed the online survey.
- The mean age of patients was 45.9 years and the mean age of cohabitants was 52.0 years. Also, 55% of patients and 49% of cohabitants were female and 50% of patients and 76% of cohabitants were married/living with a partner (Table 1).
- Among 525 patients, 57 (11%) had been diagnosed with insomnia and 468 (89%) had experienced sleeping difficulties.
- Among 505 cohabitants, 46 (9%) had a household member diagnosed with insomnia and 459 (91%) had a household member with sleeping difficulties.
  - The relationship of the cohabitant to the household member with insomnia/sleeping difficulties was most often spouse/partner/significant other (358 [71%]), followed by parent/stepparent (67 [13%]), child/stepchild (44 [9%]), or other relative (36 [7%]).
  - Household members with insomnia/sleeping difficulties were most often female (306 [61%]) and had a mean age of 53.5 years (standard deviation of 15.7 years).

Table 1. Participant Characteristics

	Patients (N = 525)	Cohabitants (N = 505)
Female, n (%)	287 (55)	250 (49)
Age, mean (SD)	45.9 (16.4)	52.0 (15.0)
Race, n (%)		
White	347 (66)	381 (75)
Hispanic	78 (15)	56 (11)
Black or African American	67 (13)	34 (7)
Asian or Pacific Islander	20 (4)	25 (5)
Native American or Alaskan Native	6 (1)	1 (< 1)
Mixed race	5 (1)	7 (1)
Other	2 (< 1)	2 (< 1)
Marital status, n (%)		
Married or living with partner	260 (50)	383 (76)
Never married	159 (30)	79 (16)
Divorced/separated/widowed	105 (20)	43 (9)
Employment status, n (%)		
Employed full-time	213 (41)	279 (55)
Employed part-time	65 (12)	77 (15)
Self-employed	37 (7)	64 (13)
Not employed	210 (40)	85 (17)

Percentages may not add up to 100 because of rounding errors. SD, standard deviation.

### Morning Functioning

- More than 60% of patients and cohabitants rated "functioning normally throughout the day" and "waking up refreshed and ready to start the day" as "very important" (Figure 1).
- However, 212 patients (40%) reported they are usually "sleepy or groggy in the morning"; in addition, 268 patients (51%) reported that they usually "wake up feeling unrefreshed."
  - Among cohabitants, 108 (21%) reported the household member (patient) was usually "sleepy or groggy in the morning" and 184 (36%) said the patient usually "wakes up feeling unrefreshed."
- Among patients who usually experience morning sleepiness or grogginess, 93% reported having these difficulties at least 2-3 times per week (Figure 2).

Figure 1. Rating the Importance of Normal Daytime Functioning in Managing Insomnia/Sleeping Difficulties<sup>a</sup>

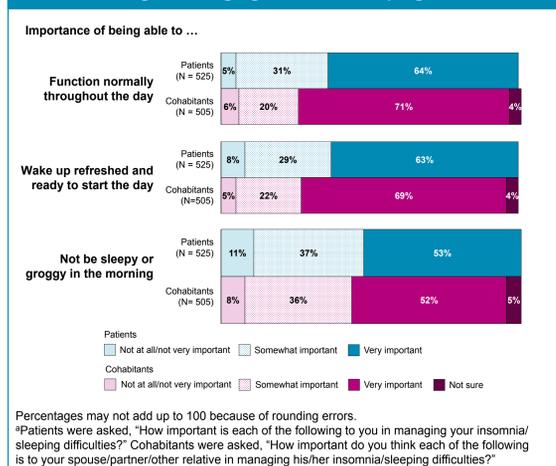
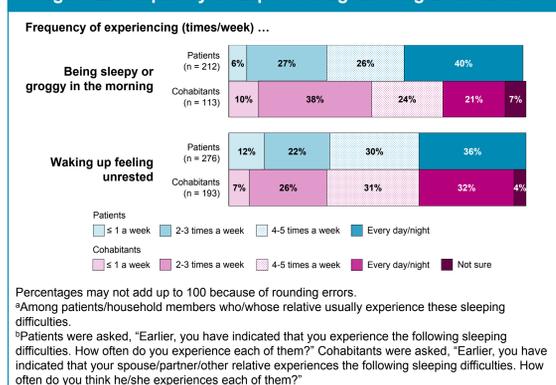


Figure 2. Frequency of Experiencing Morning Difficulties<sup>a,b</sup>



- Of patients who usually wake up feeling unrefreshed, 88% experienced this symptom at least 2-3 times per week.
- After not having a good night's sleep, 67% of patients reported feeling tired/fatigued, 53% felt sleepy/lethargic, and only 7% felt ready to start their day (Table 2).
  - Following a bad night's sleep for the patient they live with, 26% of cohabitants reported feeling tired/fatigued themselves, 17% felt sleepy/lethargic, and only 23% felt ready to start their day.

Table 2. How Patients and Cohabitants Feel After the Patient Has a Bad Night's Sleep

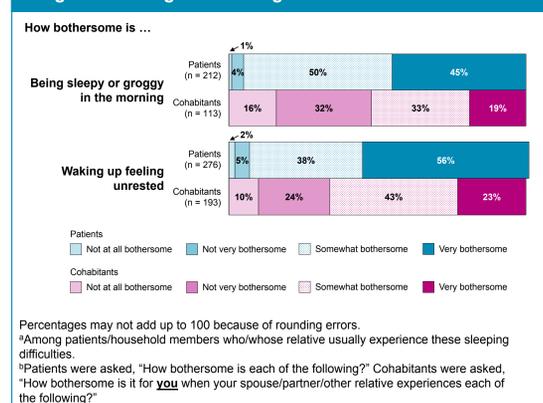
	How Patients Feel About Themselves <sup>a</sup>	How Cohabitants Think Patients Feel <sup>b</sup>	How Cohabitants Feel About Themselves <sup>c</sup>
Tired/Fatigued	67%	67%	26%
Sleepy/Lethargic	53%	40%	17%
Groggy/Foggy/Hungover	47%	32%	8%
Frustrated	41%	40%	30%
Depressed	30%	18%	5%
Anxious	29%	25%	17%
Miserable	29%	25%	10%
Confused	19%	11%	6%
Angry	16%	17%	6%
Calm	9%	11%	24%
Ready to start my day	7%	9%	23%
Present	6%	7%	16%
Well-rested	5%	6%	15%
Enthusiastic	4%	1%	7%
Cheerful	4%	5%	11%
Other	3%	1%	6%

<sup>a</sup>Patients were asked, "How do you feel when you wake up the next day after not having a good night's sleep? Please select all that apply." <sup>b</sup>Cohabitants were asked, "Which of the following best describe your spouse/partner/other relative when he/she wakes up the next day after not having a good night's sleep? Please select all that apply." <sup>c</sup>Cohabitants were asked, "How do you feel when you wake up after your spouse/partner/other relative not having a good night's sleep? Please select all that apply."

### Feelings Following Poor Sleep

- Among patients who usually experience these symptoms, 95% rated being sleepy or groggy in the morning as very or somewhat bothersome and 94% felt waking up feeling unrefreshed was similarly bothersome (Figure 3).
  - Among cohabitants, 53% reported it was very or somewhat bothersome to them when the patient was sleepy or groggy in the morning and 66% reported it was very or somewhat bothersome when the patient wakes up feeling unrefreshed.

Figure 3. Ratings of Morning Difficulties as Bothersome<sup>a,b</sup>



- Among patients, 90% strongly/somewhat agreed that "having a good night's sleep means having a good day."
  - Of cohabitants, 85% strongly/somewhat agreed they are more likely to have a good day when the patient has a good night's sleep.

### Attitudes About Insomnia Treatment

- The majority of patients (70%) and cohabitants (81%) strongly or somewhat agreed it was not enough for an insomnia medication to help the patient sleep; it should also help him/her function the next day.
  - Patients (72%) and cohabitants (82%) strongly or somewhat agreed they want the patient's medication to help the patient "get his/her life back."
- Patients and cohabitants reported similar top treatment goals including waking up rested and refreshed the next morning, ready to enjoy life each day, and functioning better throughout the day (Figure 4).

Figure 4. Main Goals in Treating Insomnia/Sleeping Difficulties<sup>a</sup>



## Conclusions

- Results of this online survey suggest that the burden of insomnia/sleeping difficulties on next-day functioning is an issue not only for patients but also for household cohabitants including partners and relatives.
- Over half of cohabitants reported it was bothersome to them when their household member woke up feeling unrefreshed, sleepy, or groggy.
- The majority of patients and cohabitants agreed that insomnia treatment should reduce the negative impact of insomnia on next-day functioning.
- If these treatment goals are met, the benefits may extend from patients to their partners and other household members.

### Reference

- Sateia MJ, et al. *J Clin Sleep Med*. 2017;13:307-349.

### Disclosures

- PCZ serves as a consultant for Eisai Inc., Merck, and Philips; has received grant support from Animed, Eisai Inc., Harmony Biosciences LLC, Jazz Pharmaceuticals, and Technogel; and has stock ownership in Teva. DS serves as a consultant for Eisai Inc., and is the author and copyright holder of the Sheehan Disability Scale (SDS), a measure of functional impairment for which he receives royalties. KS and AG are employees of The Harris Poll, the vendor that conducted the online survey. NA and MM are employees of Eisai Inc.

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