

Sleep

## **SLEEP DISORDERS AND ADDICTION IN PATIENTS HOSPITALIZED FOR SUBSTANCE USE DISORDER**

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Introduction: Sleep disorder is a common finding among people who abuse with substances. The most common substance of abuse in Albania is alcohol Methods: This is a prospective study conducted in University Hospital Centre "Mother Teresa" in Tirana, Service of Clinical Toxicology and Addict ology, which is the only clinic in Albania, treating substance use disorders. In this study were enrolled 129 patients hospitalized during June 2021-December 2021 Results: 129 patients enrolled in this study conducted between June 2021 – December 2021. 92% of patients were male. 54.2% of patients were with a diagnosis of alcohol use disorder, 22.4% had a diagnosis of opioid use disorder, 13.1 had a diagnosis of cocaine use disorder, 2.3 had THC use disorder and the others had multisubstance use disorder. The most common sleep disorder was insomnia, followed by sleep apnoea and snoring. Sleep apnoea was most prominent as a primary sleep disorder at patients with alcohol use disorder. Meanwhile, patients with multisubstance use disorder suffer more from sleep disturbances, which leads them to self-medication with benzodiazepines, contributing further to addiction and to sleep disturbances. Conclusion: Sleep disorders are common among people with substance use disorders in Albania, leading often patients to self-medication with benzodiazepines, which contributes further to another addiction. We must be aware and to proper evaluate sleep disorders among our patients, so these problems doesn't cause relapse, or worse cause another addiction.