

POOR SLEEP QUALITY AS THE RISK OF IRRITABLE BOWEL SYNDROME: A META-ANALYSIS STUDY

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ABSTRACT

Background: Sleep disturbances appear to be even more common in irritable bowel syndrome (IBS), affecting as many as 50% of diagnosed individuals. Despite previous observations that poor sleep is more common in IBS, little is known about the impact of disturbed sleep on individual IBS symptoms. The purpose of this study was to examine the effect of poor sleep quality on the risk of irritable bowel syndrome.

Subjects and Method: This article was compiled with a systematic review and meta-analysis study. This study uses the PICO Model. The meta-analysis study was conducted by searching for articles from databases in electronic form, including Google Scholar, PubMed, Springerlink, and Scencedirect. The keywords used were “Irritable Bowel Syndrome”, or “IBS” or “Sleep quality” or “Poor sleep quality” or “Sleep disturbances”. The inclusion criteria for this study were full articles using a cross-sectional study, with the publication year 2013-2022. Analysis of articles in this study using RevMan 5.3 software.

Result: A total of 16 cross-sectional studies from Asia were selected for meta-analysis. This study showed that poor sleep quality significantly increased the risk of irritable bowel syndrome (aOR=1.79; 95% CI= 1.48 to 2.17; p<0.001).

Conclusion: Poor sleep quality significantly increases the risk of irritable bowel syndrome.

Keywords: irritable bowel syndrome, risk factors, sleep quality, meta-analysis

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