

and in the morning (6:00-7:00 am) after the PSG. PER1 protein concentration measurements were performed using ELISA. Funding: National Science Centre, Poland-2018/31/N/NZ5/03931.

**Results:** The control and OSA group were match in sex and age, while differed regarding BMI ( $p=0.039$ ), desaturation index ( $p<0.001$ ) and AHI ( $p<0.001$ ). PER1 protein level was elevated in OSA group compared to control both in the evening (322.384.1vs.208.460.1pg/ml; $p<0.001$ ) and morning (314.891.9vs.228.157.3pg/ml; $p=0.002$ ). No difference was observed between evening and morning PER1 level ( $p=0.946$ ). Morning PER1 correlated with AHI ( $r=0.400$ ;  $p=0.011$ ), desaturation index ( $r=0.391$ ;  $p=0.013$ ), age ( $r=-0.312$ ;  $p=0.049$ ) and BMI ( $r=0.383$ ;  $p=0.015$ ). In a multiple linear regression model ( $R^2=0.268$ ;  $p=0.003$ ) morning PER1 protein level was influenced by age ( $p=0.006$ ) and AHI ( $p=0.025$ ), while BMI and desaturation index were not significant.

**Conclusions:** OSA patients might suffer from circadian clock disruption, which is mainly associated with the severity of the disorder and age. Further studies are needed as this dysregulation can result in metabolic and mood disorders often observed in this group of patients.

**Keywords:** OSA; circadian clock; PER1; PSG

## EPP1294

### Sleep disorders among health care workers practicing in emergency department in south tunisia

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**Introduction:** Sleep disorders are the most common health problem among the health care staff, mainly those who perform night shifts.

**Objectives:** To assess the prevalence of sleep disorders among health care workers in emergency department and to determine its associated factors.

**Methods:** It was a cross-sectional study, including health care workers assigned to emergency ward and intensive care unit of Hedi Chaker and Habib Bourguiba hospitals in Sfax and regional hospital of Kebili, during the first six months of 2017. We used an anonymous and confidential self-administered questionnaire. We used hospital anxiety and depression scale (HAD) to assess anxiety and depression. Sleep quality was assessed by the Pittsburgh Sleep Quality Index and day time sleepiness by the Epworth Sleepiness Scale.

**Results:** 240 nurses were included. Mean age was 37 years-old, 59.2% were female and 64.2% were married and 79.2% assured night shifts. The prevalence of sleep disorders was 70.4%. Sleep difficulties were significantly correlated with anxiety ( $p=0.001$ ) and depression ( $p=0.02$ ). In multivariate study, sleep disorders were related to the absence of leisure activity (OR=0.42 [0.19-0.94];  $p=0.035$ ) and anxiety (OR=3 [1.4-6.1];  $p=0.002$ ). 40.8% of nurses experienced drowsiness. Sleepiness was significantly correlated with the absence of leisure activities ( $p=0.04$ ) and with psychiatric family history ( $p=0.02$ ). In the multivariate study, sleep disorders were correlated with female gender (OR=0.43 [0.19-0.9];  $p=0.042$ ) and with no leisure activity (OR=2.6 [1.2-5.6];  $p=0.01$ ).

**Conclusions:** Sleep disorders were common among emergency nurses, in order of that; working conditions should be improved to provide less stressful conditions for nurses.

**Conflict of interest:** No significant relationships.

## EPP1295

### Severity of insomnia among counseling patients in psychiatry

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**Introduction:** Insomnia is a frequent reason of consultation in psychiatry. Always it is associates to other psychiatric pathologies. After stabilisation of the main disorder, it can become the only complaint.

**Objectives:** This study aimed to assess the prevalence of severe insomnia among patients suffering from different psychiatric disorder, and their sociodemographic profile.

**Methods:** It is a cross sectional study conducted in February 2020 at the psychiatric ward of the military hospital of Tunis, including 80 patients who responded to the questionnaire of Insomnia Severity Index (ISI).

**Results:** The study included 80 patients (18 to 66) years old with average age 38.78. The questionnaire showed that 26.92% didn't have any sleep disorder, 25% had light insomnia, 42,30% had mild insomnia and only 5.76% suffered from severe insomnia. The patients counseling for anxietydepressive disorders were 48%, for PTSD were 17.46% and 17.3% for psychosis. Military population represented 80% of total patients interviewed and the average of years of service was 17.7 years. The single patients were 46% th others were married. 70% of the patients were under hypnotic drugs besides the main treatment.

**Conclusions:** Sleep disorders have a significant impact on cognitive functions and life quality which should be separately studied. Despite of well conducted pharmacotherapy, some patients still suffering from severe insomnia, it can be attributed to the main psychiatric disorder, relapse, treatment resistance, substance abuse... The importance of the psychiatrist involvement in screening and treatment can obviously enhance the prognosis. Other therapeutic alternatives which are non pharmacological such as phytotherapy and CBT should be proposed to patients.

**Keywords:** prevalence; Insomnia; Insomnia Severity Index

## EPP1297

### Parental postpartum affective disorders as a risk factor for infant bedtime resistance

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