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Summary

SLEEP DISTURBANCES IN CELIAC PATIENTS UNDER GLUTEN FREE DIET: A PROSPECTIVE STUDY

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A study of 53 celiac disease patients on gluten-free diet found that 75.5% experienced sleep disturbance and that low serum vitamin D levels were independently associated with poor sleep quality.

KEY POINTS

- Among 53 celiac disease patients (mean age 42.75 years, 84.9% female) on gluten-free diet for at least 12 months, 75.5% showed sleep disturbance as measured by Sleep Problems Index II.
- Mean sleep duration was 6.47 hours per night and mean SLP9 score was 37.44, indicating significant sleep problems.
- In multivariate analysis, only serum vitamin D levels were inversely related to sleep quality (b=-0.47, 95% CI -12.8 to -0.43, p=0.05), with lower vitamin D associated with worse sleep.
- The authors state these findings need confirmation in future experimental and clinical studies.

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