

POOR SUBJECTIVE SLEEP QUALITY PREDICTS SYMPTOMS IN IRRITABLE BOWEL SYNDROME USING THE EXPERIENCE SAMPLING METHOD

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Poster

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A prospective study of 80 IBS patients using real-time symptom tracking and actigraphy found that poor subjective sleep quality predicted next-day abdominal pain and lower GI symptoms, but objective sleep measures showed no such relationship.

KEY POINTS

- Poor subjective sleep quality predicted higher next-day abdominal pain ($p < 0.040$) and lower GI symptom scores ($p < 0.032$) in cross-lagged analysis, but GI symptoms did not predict subsequent sleep quality.
- No significant relationship was found between any objective sleep measure from actigraphy and next-day GI symptoms, suggesting perception of sleep quality may be more influential than measurable sleep parameters.
- Among the 80 participants (mean age 37, 89% female, 78% community-recruited), 66% had clinically significant sleep disturbance ($PSQI \geq 8$) and 82% screened positive for a sleep disorder, most commonly insomnia.
- The study used Experience Sampling Method with ten daily smartphone recordings over seven days plus wrist actigraphy to assess temporal directionality between sleep and symptoms.
- Findings support using real-time patient-reported outcomes to study IBS symptom influencers and may guide future research on sleep interventions for GI symptoms.

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