



Sleep Disorders vs. Headache: Who is the Villain?

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Categoria: Outros

Introduction

It is known that sleep is a natural process, fundamental to the homeostasis of animal life. From this perspective, it is known that almost 50% of the world's population suffers from some sleep disorder. Also, it is estimated that 50 to 75% of individuals suffer from headaches, and that their cause has to do with sleep. On the other hand, there is a paradox, as headaches can also be restored with sleep.

Objective

To understand the relationship between sleep disorders and primary headaches, from the perspective of establishing causalities.

Methods

In order to achieve this objective, an integrative literature review was conducted, consisting of articles from the PubMed, Scielo and Virtual Health Library - VHL from January 2018 to May 2023, using the descriptors "headache", "sleep disorder" and "impact" associated using the Boolean operator "AND". In this process, articles written in English and Portuguese related to the topic were selected and duplicate articles were excluded, as well as articles unrelated to the objective.

Results

Of the 383 articles found, 8 were chosen that met the selection criteria, so that it was found that sleep disorders (insomnia, obstructive sleep apnea and restless legs syndrome) have a great influence on headaches. Being subdivided into different groups based on their relationship with sleep: migraine with and without aura, cluster headache, hypnic headache and paroxysmal headache, hemicrania are reported to be intrinsically related to sleep. In some articles, several population-based studies evaluated the impact of sleep disorders and migraine. However, most of these population-based studies rely on self-report measures of sleep rather than objective measures. According to the results of the prospective population-based Nord-Trøndelag Health study (HUNT-2 and HUNT-3), individuals with migraine had a 2-fold increased risk of developing insomnia 11 years later compared to individuals without migraine, and this risk it was higher in those with at least 7 days/month of migraine. Results from longitudinal cohort studies further support the hypothesis that insomnia may be generally associated with headache and tension-type and unclassified headaches.

Conclusion

It is evident that there is a significant connection between these two conditions. The results obtained reveal that sleep disorders play an important role in triggering and intensifying various forms of headache. Furthermore, population studies highlight the association between migraines and insomnia, with a substantially higher risk of developing insomnia in individuals who suffer from migraines. It is also plausible to show that when there is sleep deprivation, or sleeping excessively, they can also act as triggers for the occurrence of migraines, especially in individuals already suffering from the disease. In short, it can be said that sleep disorders and headaches are villains that have the power of feedback. Therefore, these diseases deserve continued attention both in research and in clinical practice, aiming to improve the quality of life of patients suffering from these conditions.

Keywords: Headache; Sleep disorder; Insomnia; Impact.