

## FOR IMMEDIATE RELEASE

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### **Research Finds Loss of Sleep in Heart Failure Patients May Lead to Depression, Lower Quality of Life**

ALEXANDRIA, Va., February 28, 2011 – Samueli Institute, a recognized leader in integrative medicine research, recently collaborated with the University of California San Diego (UCSD) on a study that examined the effects of sleep patterns in heart failure patients. The study concluded that sleep disturbance and sleep disordered breathing may cause increased depression and lower quality of life overall.

Heart failure patients often experience feelings of depression and fatigue, report poor quality of life, and complain of sleep problems. Researchers at the Institute along with UCSD researchers investigated whether such sleep problems were related to reports of increased depression, fatigue, and lessened quality of life. They recorded sleep measures via polysomnography in 37 stable heart failure patients and then used those sleep measures to predict subsequent changes in depression, quality of life, and fatigue over the next year and a half.

Measures of sleep disturbance and apneic events were recorded at the beginning of the study. Self-report measures of depression, fatigue and quality of life were then measured once every three months for a total of eighteen months. Researchers found that in these heart failure patients, sleep-disordered breathing was predictive of depression over time, and sleep disturbance was predictive of poorer quality of life over time, even when controlling for sleep disordered breathing.

These findings point to the need to evaluate potential sleep problems in heart failure patients and the need to treat any existing sleep problems in order to help improve patients' mood and quality of life.

The study was conducted at UCSD with the support of the National Institutes of Health/National Heart Lung Brain Institute (NIH/NHLBI).

#### **About Samueli Institute**

Samueli Institute is a non-profit 501(c)(3) research organization supporting the scientific investigation of healing processes and their role in medicine and health care. Founded in 2001, the Institute is advancing the science of healing worldwide. Samueli Institute's research domains include integrative medicine, optimal healing environments, the role of the mind in healing, behavioral medicine, health care policy, and military and veterans health care. Our

mission is to transform health care through the scientific exploration of healing. More information can be found at [www.SamueliInstitute.org](http://www.SamueliInstitute.org)

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