

What Is the Association Between Polysomnographic Measures of Sleep Disturbances and Incident Cancer?

STUDY DESIGN

Retrospective multicenter cohort evaluating polysomnographic (PSG) data using clinical and provincial databases



1° Outcome: Time from index date to incident cancer



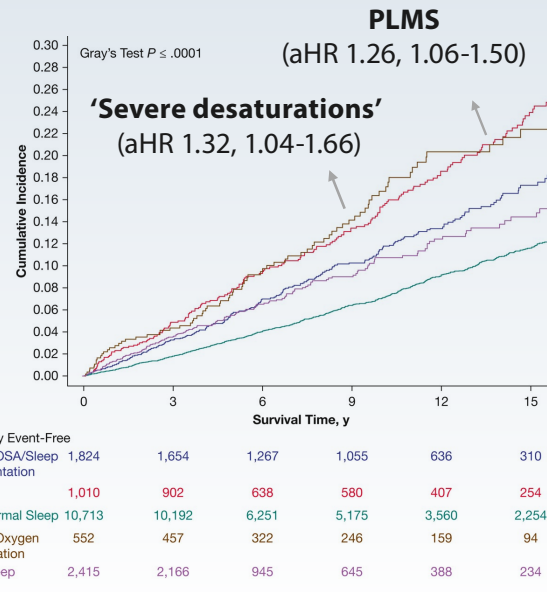
1° Analysis: Cluster analyses to identify meaningful PSG subgroups/phenotypes

RESULTS

Among 29,907 individuals,
8.4% (2,514) developed cancer over 8.0 years (IQR: 4.2-13.5)

Five clusters identified

- 'Mild' – mildly abnormal PSG
- 'Poor sleep'
- 'Severe OSA/sleep fragmentation'
- 'Severe desaturations'
- 'Periodic limb movements' (PLMS)



In a large clinical cohort of adults who underwent PSG, incident cancer was identified in 8.4%, and cluster analyses identified a significant association with PLMS and severe desaturations.