



Poremećaji spavanja u trudnoći

Sleep Disorders in Pregnancy

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Apstrakt

Uvod: Spavanje je prirodno, periodično, fiziološki reverzibilno stanje umanjene budnosti koje karakterišu smanjena percepcija i reagovanje na spoljašnje draži, a koje je praćeno kompleksnim bihevijoralnim i biološkim procesima. Anatomske, fiziološke, hormonske i psihološke promene koje se odigravaju tokom trudnoće imaju veliki uticaj na spavanje. Poremećaji spavanja u toku trudnoće su česti. Oni mogu u manjoj ili većoj meri uticati na zdravlje majke i ploda.

Cilj: Utvrditi koji su poremećaji spavanja u trudnoći od najvećeg kliničkog značaja, kao i načine njihove prevencije i lečenja.

Metoda rada: Analizom savremene naučne literature i novih naučnih studija utvrditi mehanizme nastanka poremećaja spavanja, njihove efekte na zdravlje majke i ploda, kao i načine njihove prevencije i lečenja.

Rezultati: Poremećaji spavanja su česti u trudnoći. Prema podacima dosadašnjih ispitivanja 70–80% trudnica ima neki oblik poremećaja spavanja. U odnosu na efekte koje imaju po maternalno i fetalno zdravlje nisu svi podjednako značajni. Rizik od nastanka poremećaja spavanja se povećava tokom trudnoće. Najčešći i najznačajniji poremećaji spavanja u trudnoći su prekid disanja u toku spavanja, sindrom nemirnih nogu i insomnija. Ovi poremećaji su usko povezani sa gestacijskom arterijskom hipertenzijom, gestacijskom šećernom bolesti, preeklamsijom i postpartalnom depresijom. Prekidi disanja u toku spavanja majke mogu imati negativan efekat na rast i razvoj ploda.

Zaključak: Rano otkrivanje i adekvatno lečenje poremećaja spavanja u toku trudnoće značajno smanjuje rizik od ozbiljnih poremećaja zdravlja majke i ploda.

Abstract

Introduction: Sleep is a natural, periodic, physiologically reversible state of reduced alertness characterized by reduced perception and response to external stimuli, which is accompanied by complex behavioral and biological processes. Anatomical, physiological, hormonal, and psychological changes that occur during pregnancy have a great impact on sleep. Sleep disorders during pregnancy are common. They can affect the health of the mother and fetus to a greater or lesser extent.

Aims: To determine which sleep disorders in pregnancy are of the greatest clinical importance, as well as the ways of their prevention and treatment.

Methods: By analyzing modern scientific literature and new scientific studies, determine the mechanisms of sleep disorders, their effects on the health of the mother and the fetus, as well as ways of their prevention and treatment.

Results: Sleep disorders are common in pregnancy. According to the data from previous studies, 70–80% of pregnant women have some form of sleep disorder. In relation to the effects they have on maternal and fetal health, not all of them are equally significant. The risk of sleep disorders increases during pregnancy. The most common and significant sleep disorders during pregnancy are sleep apnea, restless legs syndrome, and insomnia. These disorders are closely related to gestational arterial hypertension, gestational diabetes, preeclampsia, and postpartum depression. Breathing interruptions during the mother's sleep can have a negative effect on the growth and development of the fetus.

Conclusion: Early detection and adequate treatment of sleep disorders during pregnancy significantly reduce the risk of serious maternal and fetal health disorders.

