

PENGARUH DURASI TIDUR TERHADAP KEJADIAN STROKE

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ABSTRAK

Latar Belakang: Mengenali faktor-faktor risiko stroke mempunyai peran penting dalam pencegahan kejadian stroke. Salah satu faktor risiko baru yang menjadi sorotan pada pasien stroke saat ini adalah durasi tidur, yang dianggap memiliki peran penting untuk terjadinya peningkatan risiko stroke. Penelitian mengenai hubungan durasi tidur dan stroke masih terbatas, sehingga hubungan durasi tidur dengan kejadian stroke masih perlu untuk diteliti lebih lanjut.

Metode: Penelitian ini menggunakan rancangan kasus kontrol, yang merupakan penelitian epidemiologis analitik observasional.

Hasil: Didapatkan subjek stroke dengan durasi tidur ≤ 6 jam sebanyak 19 (45,2%) subjek, 6-9 jam sebanyak 20 (47,6%) subjek, dan ≥ 9 jam sebanyak 3 (7,2%) subjek. Subjek kontrol dengan durasi tidur ≤ 6 jam sebanyak 7 (16,7%) subjek, 6-9 jam sebanyak 35 (83,3%) subjek, dan ≥ 9 jam sebanyak 0 (0,0%) subjek. Hasil analisis bivariat variabel durasi tidur terhadap kejadian stroke didapatkan perbedaan yang bermakna antara durasi tidur pendek (≤ 6 jam) terhadap kejadian stroke, dengan OR 4,130 (95%CI 1,499-11,383; $p = 0,005$), namun tidak didapatkan perbedaan yang bermakna antara durasi tidur panjang terhadap kejadian stroke, dengan OR 0,481 (95%CI 0,384-0,604; $p = 0,252$). Dari hasil analisis multivariat didapatkan bahwa variabel durasi tidur pendek memiliki hubungan signifikan dengan kejadian stroke, dengan OR 6,107 (95%CI 1,415-26,356; $p = 0,015$).

Kesimpulan: Durasi tidur pendek meningkatkan risiko terjadinya stroke secara independen. Durasi tidur panjang tidak meningkatkan risiko terjadinya stroke.

Kata kunci: durasi tidur, stroke, faktor risiko

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THE EFFECT OF SLEEP DURATION TO STROKE EVENT

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ABSTRACT

Background: Recognizing stroke risk factors has an important role in preventing stroke events. One new risk factor that is in the spotlight in stroke patients today is the duration of sleep, which is considered to have an important role in the occurrence of an increased risk of stroke. Research on the relationship of sleep duration and stroke is still limited, so the relationship between sleep duration and stroke incidence still needs further investigation.

Method: This study used a case control design, which is an observational analytic epidemiological study.

Results: Obtained stroke subjects with sleep duration ≤ 6 hours as many as 19 (45.2%) subjects, 6-9 hours as many as 20 (47.6%) subjects, and ≥ 9 hours as many as 3 (7.2%) subjects. Control subjects with sleep duration ≤ 6 hours were 7 (16.7%) subjects, 6-9 hours were 35 (83.3%) subjects, and ≥ 9 hours were 0 (0.0%) subjects. The results of the bivariate analysis of sleep duration variables on the incidence of stroke found a significant difference between short sleep duration (≤ 6 hours) to the incidence of stroke, with OR 4.130 (95% CI 1.499-11.383; $p = 0,005$), but no significant difference between duration long sleep on stroke incidence, with OR 0.481 (95% CI 0.384-0.604; $p = 0.252$). From the results of multivariate analysis it was found that the variables of short sleep duration had a significant relationship with the incidence of stroke, with OR 6.107 (95% CI 1.415-26.356; $p = 0.015$).

Conclusion: The duration of short sleep increases the risk of stroke independently. Long sleep duration does not increase the risk of stroke.

Keywords: sleep duration, stroke, risk factors

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