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Characteristics of Objective Daytime Sleep among Individuals with Earthquake-Related Posttraumatic Stress Disorder: A Pilot Community-Based Polysomnographic and Multiple Sleep Latency Test Study

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Abstract

Little is known about the objective sleep characteristics of patients with posttraumatic stress disorder (PTSD). The present study examines the association between PTSD symptom severity and objective daytime sleep characteristics measured using the Multiple Sleep Latency Test (MSLT) in therapy-naïve patients with earthquake-related PTSD. A total of 23 PTSD patients and 13 trauma-exposed non-PTSD (TEN-PTSD) subjects completed one-night

¹ these authors contributed equally to this study.

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