

# SELENE – A Study of the Prevalence of Insomnia in Neurology Outpatient Clinics promoted by the SINsonnia Committee

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## Introduction

The SINsonnia committee works within the SIN to promote sleep medicine education for neurologists. Insomnia is defined as difficulty initiating, maintaining, or completing sleep, associated with a negative impact on daytime functioning. The clinical relevance of insomnia is linked to its prevalence, being among the most common sleep disorders, with approximately 10% of the population meeting the criteria for a diagnosis of chronic insomnia.

The primary objective of this study is to evaluate the frequency of insomnia symptoms among patients seeking neurological consultation nationwide. The secondary objectives are **1)** to identify the frequency of insomnia symptoms within the different neurological disorders affecting patients attending outpatient visits; **2)** to assess the association between insomnia symptoms and quality of life as measured by a VAS (Visual Analogic Scale).

## Methods

This observational study will evaluate a population of adults attending neurology outpatient clinics across Italy for a first neurological visit (general outpatient clinic) or a neurological visit (first or follow-up) at specialized outpatient clinics for other neurological conditions, excluding sleep disorders. The study will take place on 2 days between December 2025 and March 2026, chosen by the participating neurologist. Patients will complete the ISI (Insomnia Severity Index) questionnaire and the VAS (Visual Analogic Scale) for quality of life, according to common clinical practice during the visit. The following data will be collected: information related to the type of outpatient service, patient demographic data (age, sex), reason for the neurological visit, any neurological condition for which the patient is followed at the neurology outpatient clinic, current treatment for improving nocturnal sleep, and the presence of other sleep disorders already under treatment. Exclusion Criteria will be the presence of major psychiatric disorders under treatment, history of suicidal ideation and/or suicide attempts, shift work.

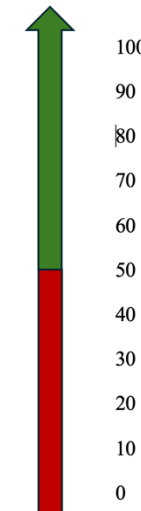
### THE INSOMNIA SEVERITY INDEX (ISI)

(Bastien et al., 2001; Battagliese, Lombardo, 2012)

#### 1. Valuti la gravità attuale (nell'ultimo mese) dei tuoi problemi d'insonnia.

	No	Lieve	Media	Grave	Molto
Grave					
a) Difficoltà ad addormentarsi	0	1	2	3	4
b) Difficoltà a restare addormentato	0	1	2	3	4
c) Risveglio troppo precoce	0	1	2	3	4

VAS (Visual analogic scale) per la qualità della vita al momento della valutazione



#### 2. Quanto si sente soddisfatto/insoddisfatto del suo sonno attuale?

	Molto Soddisfatto	Soddisfatto	Neutro	Non molto soddisfatto	Molto insoddisfatto
0	1	2	3	4	

Risponda alle rimanenti domande di questa pagina solo se nelle domande precedenti ha riferito problemi di insonnia

#### 3. In quale misura ritiene che il problema di insonnia interferisca con la sua efficienza diurna (per es. affaticamento diurno, capacità di svolgere lavori/faccende di casa, concentrazione, memoria, umore, ecc)?

	Per nulla	Un po'	Abbastanza	Molto	Moltissimo
0	1	2	3	4	

#### 4. Quanto pensa che il suo problema di insonnia sia evidente agli altri, in termini di peggioramento della qualità della sua vita?

	Per nulla	Un po'	Abbastanza	Molto	Moltissimo
0	1	2	3	4	

#### 5. Quanto si sente preoccupato/stressato a causa del suo attuale problema di insonnia?

	Per nulla	Un po'	Abbastanza	Molto	Moltissimo
0	1	2	3	4	

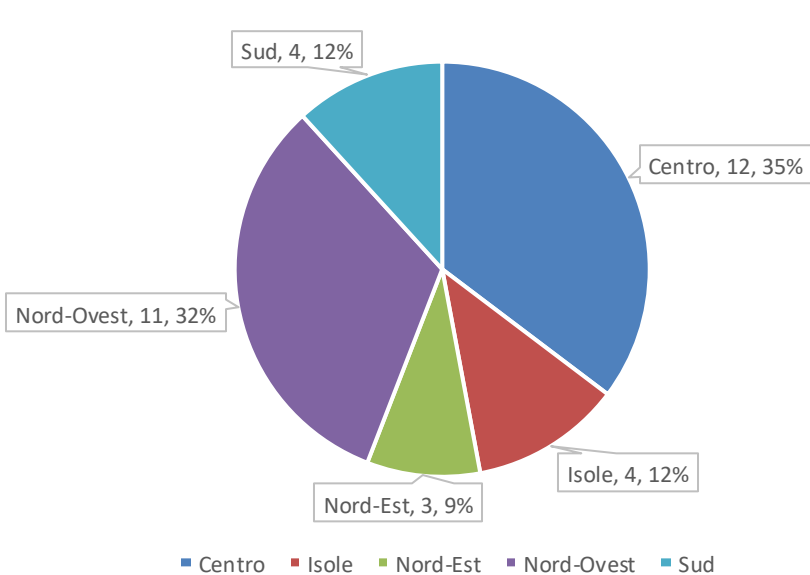
## Statistical analysis

As this is an exploratory study, approximately 500 neurologists nationwide will be invited as SIN (Italian Society of Neurology) members to participate in the initiative. Information will be collected in clinical practice over 2 outpatient days during the study period, with an hypothesized average of 15 patients per involved neurologist. Therefore, the total expected sample, assuming the participation of all invited neurologists, will be approximately 7500 subjects. Should 50% of the expected neurologists participate (250), the sample will be 3750 subjects.

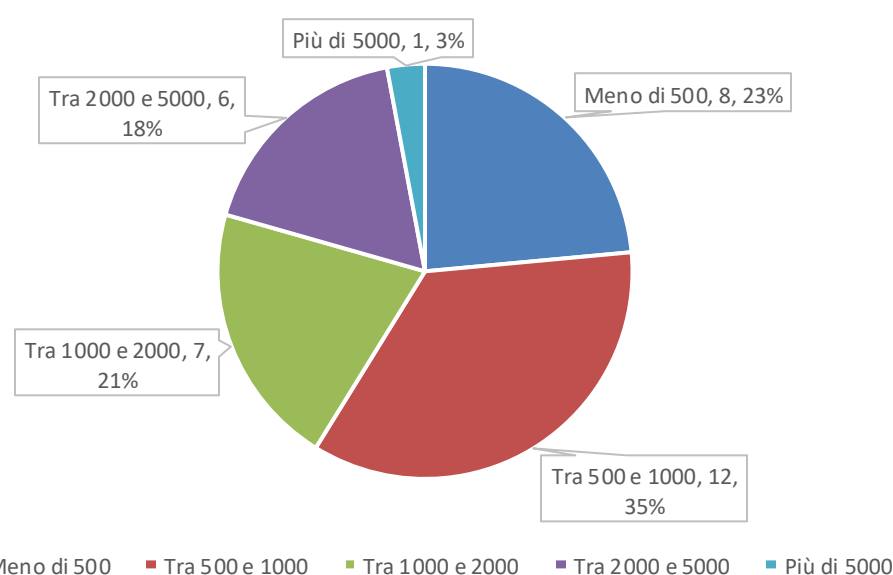
## Results

Following the survey launched by the SINsonnia committee, these preliminary results were obtained regarding the characteristics of the candidates to the study.

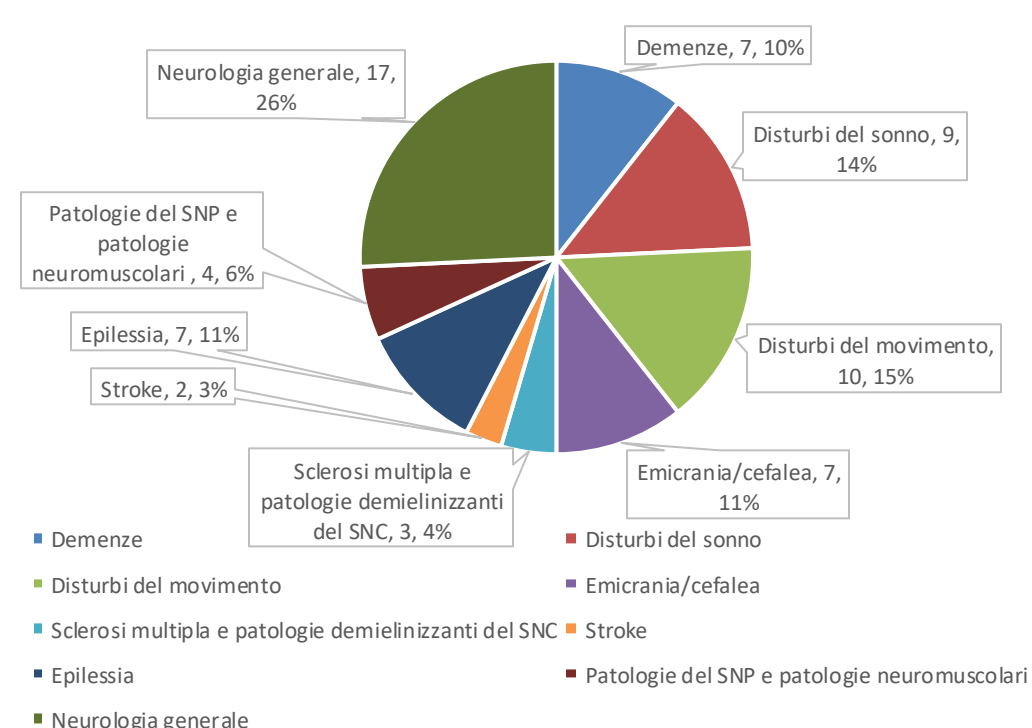
Localizzazione geografica



Pazienti visitati in 1 anno



Responsabile dell'ambulatorio di



## Conclusion

The results of this study will be published next year and presented at the next SIN congress. The winner of the SIN&Idorsia bursary will conduct the study.

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