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EXCESSIVE DAYTIME SLEEPINESS IN THAI AVIATION PERSONNEL

SOMNOLENCE DIURNE EXCESSIVE DANS LE PERSONNEL DE L'AVIATION THAÏLANDAISE

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Introduction: Excessive daytime sleepiness (EDS) is a significant public health problem, with prevalence in the community estimated to be as high as 18%. EDS is a non-specific but highly prevalent cardinal symptom of sleep disorders. EDS led to decrease work productivity, increase accidents in the workplace, increased inter-personal problems, and may reduce the quality of work and life. EDS is associated with obesity, extremes of age and insufficient sleep. The objectives of this study were to determine 1) the prevalence of EDS in Thai aviation personnel, and 2) the factors that are associated with EDS in Thai aviation personnel.

Methods: Personnel from the Thai aviation community were sampled using a cross-sectional study design. The sample size was 284. The Epworth Sleepiness Scale (ESS) was used to determine the level of excessive daytime sleepiness. A questionnaire included general demographic data, weight, height, occupation, and the ESS. The ESS is a self-reported questionnaire composed by 8 items, which assess the level of sleepiness in daily situations, rated on a 4 point , ranging between "0 - no probability of falling asleep" and "3 - high probability of falling asleep." The total score is obtained by adding all items, ranging between 0 and 24. ESS at or above 12 points was used to define EDS. QR code was used to collect the data.

Results: EDS (ESS>12) was reported by 17.37% in this study. Persons with higher Body Mass Index (BMI) were associated with a high prevalence of EDS.

Conclusion: The prevalence of EDS in the Thai aviation community is 17.37%, and ESS score is associated with BMI. Aviation community should be aware of EDS as it is debilitating and has potentially dangerous consequences.