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Prevalence of sleep disorders and their consequences on the performance of CNHU-HKM reference hospital workers in BeninAntoine Vikkey Hinson¹, Mikponhoue Rose¹, Adjobime Mènonlin¹, Gnonlonfoun Dieu Donné², Ahomagnon Cédric² and Adjien Constant²¹Université d'Abomey-Calavi, Benin²Unité d'enseignement et de recherches en neurologie UAC/FSS

Aim: The aim of the study was to have a better understanding of the sleep-related diseases suffered by workers of the National university hospital center-HKM (CNHU-HKM), reference Hospital.

Methods: It was a descriptive, cross-sectional study that involved 298 CNHU-HKM workers randomly selected from the 1048 agents of the hospital. It lasted from 1 July to 30 September 2016. The data collected was stripped and captured using EpiData software and statistical analyses with SPSS.17.0 software.

Results: The average age of the sample was 37.8 years 0.6 with 55.7% of men. The prevalence of chronic debt of sleep was 67.1% and 14.8% of those workers took medication to facilitate occurrence of sleep. 66.8% were sleepless. Several factors are associated with insomnia; alternate shift workers had more insomnia than fixed shift workers ($p=0.04$); workers had great difficulty concentrating ($p=0.04$) and excessive daytime fatigue ($p=0.002$). For the Obstructive sleep apnea-hypopnea syndrome (OSAHS), its frequency was 23.5%. This frequency increased with age. The female sex was dominant: 32.9% in the evocative symptoms of OSAHS. The factors associated with this were: The antecedent of high blood pressure OR=2.37 (IC 95% [1.02-5.52]), the consumption of a lot of alcohol OR=4.12 (IC 95% [1.03; 16.46]). Associated factors with this were: the antecedent of high blood pressure OR=2.37 (IC 95% [1.02-5.52]), the consumption of alcohol OR=4.12 (IC 95% [1.03; 16.46]).

Conclusion: Sleep disorders remain a pathology to which very little attention is given in the health care system and especially in professional fields in Benin. The present study is now shedding light on it back in order to encourage the development of national and adapted control strategies to reduce the drawbacks of that on the country's economy.

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4. Hinson Antoine Vikkey, Yvonne Mbaduet and Rousseau Djouaka (2018) Health hazards linked to the quality of the irrigation water and to the consumption of the vegetables grown in the market gardening site of nkolondom. (Yaounde-Cameroon) Journal of Agriculture and Research 4:1.
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Biography

Antoine Vikkey Hinson is an Occupational Health Practitioner, Senior Lecturer in Occupational Health at the University of Abomey-Calavi in Benin. As an expert with the WHO support, he is engaged in health wise training in Togo, in Benin and in French speaking countries. He also built his expertise in informal sector mainly with the pesticide exposure of the farmers. He wrote many papers in air pollution.

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