

School meeting

GIOVEDÌ 15 GIUGNO 2017 - Ore 13.00 - Aula “C. Musatti”

presenta:

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**Sleep and chronic pain: The fibromyalgia
syndrome puzzle**

Abstract:

The pain and other symptoms suffered by women diagnosed with fibromyalgia syndrome (FMS) have no known, discernible cause, but a number of theories have been put forward. Disrupted sleep has been proposed as an important factor in the FMS pathophysiology. However, studies of sleep difficulties in patients with FMS are inconsistent in their findings and it is impossible to draw out a clear conclusion. Although sleep complaints are often reported in patients with FMS, there is no conclusive evidence that these complaints represent symptomatic disorders of sleep physiology. Thus, the question of the role of sleep disturbances as an etiological or maintenance factor in FMS remains open. Moreover, the particularities of the experience of chronic pain and sleep difficulties in women diagnosed with FMS involve complex interactions with psychological distress (principally, depression and anxiety) and limitations in daily functioning. All these symptoms differ depending on menopausal status, as well. We will review recent findings about subjective and objective characteristics of sleep disturbances in adult women diagnosed with FMS and their potential implications to manage the syndrome.