



8. BÖLÜM

Uyku ile İlişkili Baş Ağrılarına Yaklaşım

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GİRİŞ

Uyku hayatımızın ayrılmaz bir parçası ve insanın temel ihtiyaçlarından biridir. Uyku sırasında, vücut sistemlerinin birçoğu, bağışıklık, sinir ve kas sistemlerinin yenilenmesine yardımcı olan anabolik bir durumdadır. Uyku; ruh halini korur, hafızayı ve bilişsel işlevi geliştirir, endokrin ve bağışıklık sistemlerini destekler. İnsanlar yaşamlarının yaklaşık dörtte biri veya üçte birini aktif uyku durumunda geçirirler [1]. Uyku; psikolojik ve fiziksel iyileşme, duygusal modülasyon, performans ve öğrenme için gerekli olduğu düşünülen, bireyin dış çevreden kısmen izole olmasına izin veren karmaşık fizyolojik ve davranışsal bir süreçtir [2]. Dünya nüfusun yaklaşık %50'si çeşitli uyku bozukluklarından etkilenir, baş ağrısı ise Dünya Sağlık Örgütü'ne göre yetişkin nüfusun %50-75'ini etkiler. Bu bağlamda, her iki sağlık problemi küresel bir sağlık yükü statüsü kazanmıştır [3]. Uyku ve çeşitli baş ağrısı insidansı ile ilgili olarak Amerika Birleşik Devletleri'nde yapılan popülasyon temelli bir araştırmaya göre, migren hastalarında bir yıllık periyotta sıklığı yaklaşık %11 civarındadır [4]. Paiva ve arkadaşlarının yaptığı bir çalışmada, baş ağrısı kliniğine başvuran hastaların %17'si uyandıktan sonra baş ağrısı bildirmiştir, bu hastaların %12 ila %47'sine obstrüktif uyku apne sendromu (OSAS) tanısı konmuştur [5].

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