Response to “the causes worsening sleep quality”

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We thank the authors who have responded to our original paper, “Sleep status of cervical cancer patients and predictors of poor sleep quality during treatment.”

There may be a lot of factors impacting on sleep quality, including those referred to by Mr. Serdar Tasdemir. However, influencing factors on sleep quality may vary in different countries. In the south of China, few women have the habits of smoking, drinking alcohol, and coffee. Therefore, alcohol, caffeine, and nicotine are not the main factors influencing on sleep quality. In our study, the women were asked to fill the self-administered questionnaire including smoking, alcohol, and coffee. None of them answered “yes” to the questions about smoking, drinking alcohol, and coffee.

The current reports are inconsistent on the association between diabetes and quality of sleep. Some studies have suggested that poor sleep quality is a risk factor for diabetes, and some researchers have suggested that psychological status of the patients with diabetes, not the disease itself, influences sleep quality. In our study, we have excluded women with poor mental or psychological status.

In our study, eligible patients were those receiving adjuvant chemotherapy or adjuvant chemotherapy + radiotherapy. Before treatment, patients must undergo heart and blood pressure checks. All of the 76 patients were without serious cardiovascular disease. Moreover, in the survey of chronic history for the 76 patients, none of them claimed to have diabetes. However, we did not consider cardiovascular disease and diabetes as an exclusion criterion for the residents. If there were female with cardiovascular disease or diabetes in the resident sample, the impact of cancer and treatments on sleep quality of patients would only be underestimated.

Community controls in our study were matched on age distribution to that of patients with cervical cancer. Therefore, menopausal rates should be assumed to be similar in both groups.

The daytime nap cannot be included in the exclusion criteria because the patients are always lying in bed during treatments. We measured sleep status of the patients in the past week. During the seven days, patients sometimes napped when receiving chemotherapy. If daytime nap were one of the exclusion criteria, there would not be eligible patients.

Thanks.

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