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EVALUATION OF SUBMUCOUS RESECTION WITHOUT TURBINECTOMY ON SUBJECTIVE SLEEP QUALITY, DAYTIME AND DREAM ANXIETY IN PATIENTS WITH NASAL SEPTAL DEVIATION: A PROSPECTIVE, SINGLE-BLIND, CONSECUTIVE TRIAL

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Introduction: Sleep plays a vital role in both mental and physical functioning. Sleep disturbances are not only associated with psychiatric disorders, but also with many chronic physical conditions.
Objective: The aim of this report was to assess the frequency of poor sleep quality, daytime and dream anxiety and their response to subsequent surgical treatment for a representative group of 68 patients with nasal septum deviation.
Methods: Nasal airflows and airway resistances were measured employing rhinomanometry and the participants were also asked to fill in Pittsburgh Sleep Quality Index, Beck Anxiety Inventory, and Van Dream Anxiety Scale directly before the submucous resection without turbinectomy and two months later.
Results: Repeated measure analyses of variance models showed that patients reported significantly lower scores of poor sleep quality, daytime anxiety, and as well as dream anxiety after surgical treatment ($p < .01$).
Conclusions: Nasal septal surgery might have beneficial effects on sleep variables in patients with deviation.