Abstract: 401

Neuropeptide receptor gene s (NPSR1) polymorphism and sleep disturbances

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Topic(s):
Genetics and epigenetics

Citation:
Cardiovascular Research Supplements (2016) 111 (S1), S72

Objective: To study the association gene of candidate NPSR1 rs324981 with sleep disorders in the open population of men 45-64 years of Novosibirsk.

Methods: The study of the association candidate gene polymorphisms with sleep disorders was carried out during the examination of a random representative sample of men 45-69 years (n = 1770). The response rate was 61%. The median age is 56.5 year. Every 12 subject was selected for genotyping (n = 147). To assess the level of sleep was used a questionnaire which was filled with self-test. Statistical analysis was performed using SPSS-11.5.

Results: The level of sleep disorders in the male population of 45-64 years was 79.9%. The frequency of homozygous C / C genotype of neuropeptide S (gene NPSR1 rs324981) was 19.4%, T / T genotype occurs in 27.8%, C / T genotype - 52.8%.

Men dominated the T allele of -54.2%, and the C allele - 45.8% growth trend Fnd dissatisfaction with the quality of their sleep among men. Men T- allele carriers, most evaluated their sleep as "satisfactory" in 69% of cases, ($\chi^2 = 15,713$ df = 8, $p <0.05$).

Conclusion: Association found men carrier T - allele of neuropeptide S (gene NPSR1 rs324981), a sleep disorder.