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Biography

Uchenna Cosmas Ugwu, an Associate Professor at the University of Nigeria, Nsukka (UNN), holds a Ph.D., M.Ed., & B.Sc. in Public Health/Health Education. His research focuses on gerontology and geriatrics, chronic disease epidemiology, diabetes management, & mental health. Dr. Ugwu has authored over 65 peer-reviewed publications, with notable works appearing in the *International Journal of Geriatric Psychiatry*, *Discover Medicine*, and *BMC Women's Health*. His studies on osteoporosis, frailty, type 2 diabetes, and gestational diabetes have strengthened evidence-based practice in ageing and metabolic health. He is a member of several professional bodies including HEPRAN, NAHE, & TRCN.

Relationship Between Sleep Disorders And Geriatric Non-Communicable Diseases Among Elderly Nigerians

Abstract:

Sleep disturbance is a common but under-recognized comorbidity that exacerbates chronic disease outcomes, yet it remains poorly studied in aging African populations. This study examined the prevalence of sleep disorders, their association with geriatric NCDs, and key sociodemographic and behavioral predictors among elderly Nigerians. A hospital-based, cross-sectional study was conducted between April 2024 and September 2025 across twelve federally accredited tertiary hospitals representing Nigeria's six geopolitical zones. A total of 918 adults aged ≥ 60 years with clinician-confirmed NCDs completed culturally adapted, interviewer-administered questionnaires assessing sociodemographic factors, chronic disease status, and sleep health. Descriptive statistics, chi-square tests, and multivariate binary logistic regression were applied to identify significant associations and independent predictors of sleep disorder. Sleep disorder prevalence was high (89.7%). Hypertension, arthritis, and heart disease were significantly associated with sleep disturbance (all $p < 0.001$). Independent predictors included age ≥ 70 years (OR = 2.55), Christian religious affiliation (OR = 4.65), living with family members (OR = 3.90), and alcohol use (OR = 2.98). No independent associations were observed for sex, education, residence, smoking, or other chronic conditions. These findings highlight the pervasive burden of sleep disorders among elderly Nigerians with NCDs and underscore the importance of integrating routine sleep assessment into geriatric chronic disease management. Targeted interventions addressing both biological and sociocultural determinants of sleep may improve quality of life and health outcomes in Nigeria and similar resource-constrained settings.