THE POOR QUALITY OF WOMEN’S SLEEP NEGATIVELY INFLUENCES FERTILIZATION RATES IN ASSISTED REPRODUCTIVE TECHNOLOGY

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Objective

The purpose of this study was to explore the association between the quality of women’s sleep and outcomes in assisted reproductive technology.

Results

- Women with good sleep quality occupied 65.1% of responders, and that of poor sleep quality was 8.1% (Figure 1).
- Good sleep quality positively affects fertilization rates with significant difference (p=0.001) (Figure 2).
- Regarding blastocyst and high grade blastocyst (≧G3BB) development rates among the fertilized oocytes in “good”, “fair” and “poor”, the statistical difference of p=0.19, p=0.22 missed a technical classification of statistically significant (Figure 3).
- Multivariate logistic regression analysis of several parameters identified that a lifestyle “good” and occasional and/or moderate alcohol consumption were significant predictors of successful fertilization (Table 1).

Conclusions

Our survey questionnaire found that a low quality of sleep has a negative impact on fertilization rates. Good sleep patterns can be one of the important daily habits for patients to improve their response to fertility treatments and increase their chances of pregnancy. Interestingly, occasional and/or moderate alcohol consumption had a positive impact on fertilization. This may be due to the beneficial effects of a moderate amount of alcohol, such as stress-relief and sleep-induction.