INTRODUCTION
Sleep disturbances (SDs) are among the most common symptoms reported by HIV-infected people, but the prevalence of SDs among a nationwide database is limited. This study aims to determine the prevalence and associated factors of SDs among persons living with HIV in Taiwan.

METHODS
We conducted a secondary data analysis from National Health Insurance Research Database (NHIRD) identified 15,077 patients with HIV infection aged 15 and over from 2000 to 2010. SD was defined as ≥2 diagnosed by specialist and at least 1 month apart. Cox proportional hazard regression models were fitted to control the effect of confounding.

Table 1. Demographic characteristics of study population (N = 15,077)

RESULT
One of four (25.5%) patients with HIV infection were diagnosed with SDs. SDs were diagnosed by different divisions of specialist: Infectious Diseases and General Medicine (46.7%), Psychiatry (32.7%), Family Medicine (8.2%) and Traditional Chinese Medicine (6.4%). The median time between the HIV diagnosis and first time diagnosis of SDs was 1.3 years. Patients with SDs were independently associated with older age (adjusted hazard ratio [aHR]: 1.00; 95% CI: 1.00-1.01), female (aHR: 1.13; 95% confidence interval [CI]: 1.03-1.26), blue collar (aHR: 1.23; 95% CI: 1.07-1.42), history of SDs (aHR: 2.66; 95% CI: 2.48-2.86), substance dependence (aHR: 1.50; 95% CI: 1.38-1.63), alcohol abusers (aHR: 1.52; 95% CI: 1.27-1.83), cardiovascular disorders (aHR: 1.37; 95% CI: 1.22-1.54), delirium (aHR: 4.06; 95% CI: 1.31-12.65), depression (aHR: 2.52; 95% CI: 2.35-2.71), and received HAART therapy (aHR: 1.26; 95% CI: 1.17-1.36).

Table 2. Cox regression analysis of factors associated with insomnia among HIV-infected persons

CONCLUSION
Sleep disturbances are prevalent diagnoses among HIV-infected people. Further studies are needed to explore the impacts of sleep disturbances on HIV treatment and diseases related outcomes.