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## Daytime Sleepiness of Patients with Breast Cancer at Two Cancer Treatment Centers in Sri Lanka

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**Background:** Breast cancer (BC) is one of the most common cancer types among women in Sri Lanka. Daytime sleepiness (DS) describes the inability to remain awake during the daytime, which results in drowsiness or sleep. DS is a common symptom of patients with BC which is associated with many factors. BC related DS interferes with daily life activities and reduces the quality of life. The prevalence of and alternating over time in DS in women with BC are not well characterized. Identification of the severity of DS and influencing factors is critical to enhancing the quality of life of BC patients.

**Objectives:** To assess the prevalence and severity of DS of the patients with breast cancer and the factors influencing.

**Methods:** A descriptive cross-sectional study was conducted on both inward patients and patients attending oncology clinics whose age was 18-60 years in Apeksha Hospital Maharagama and Teaching Hospital Karapitiya. The study sample included 66 patients which is a subset of a sample size of 325. The data were collected using a pre-tested interviewer-administered questionnaire. Epworth Sleepiness Scale (ESS) was used as a tool to assess the DS.

**Results:** The mean (SD) age of 52.8 ( $\pm 7.25$ ) years. The prevalence of DS was 78.8% elaborate the results according to the ESS. The mean DS score was 9.8 ( $\pm 5.39$ ). According to the resulting scores of the ESS, about 33.3% of patients (n=22) were presented with higher normal DS (score 6-10). According to binary logistic regression analysis age (OR: 2.9; 95% CI 0.7-12.5), having comorbidities (OR: 4.9; 95% CI 0.8-33), and period of suffering from cancer (OR: 1.1; 95% CI 0.3-3.6) were recognized as the factors that influence DS. Daytime sleepiness was not influenced by the type of therapy (chemotherapy, radiotherapy, and pain management) and the presence of metastasis.

**Conclusions:** There is a high prevalence of DS among breast cancer patients in Sri Lanka which was associated with several factors. In Sri Lanka, most of the patients were not presented with severe excessive DS and majority of the patients had higher normal DS. The type of therapy and presence of metastasis were not associated with DS.

**Keywords:** *Breast cancer, Daytime sleepiness, Sri Lanka*