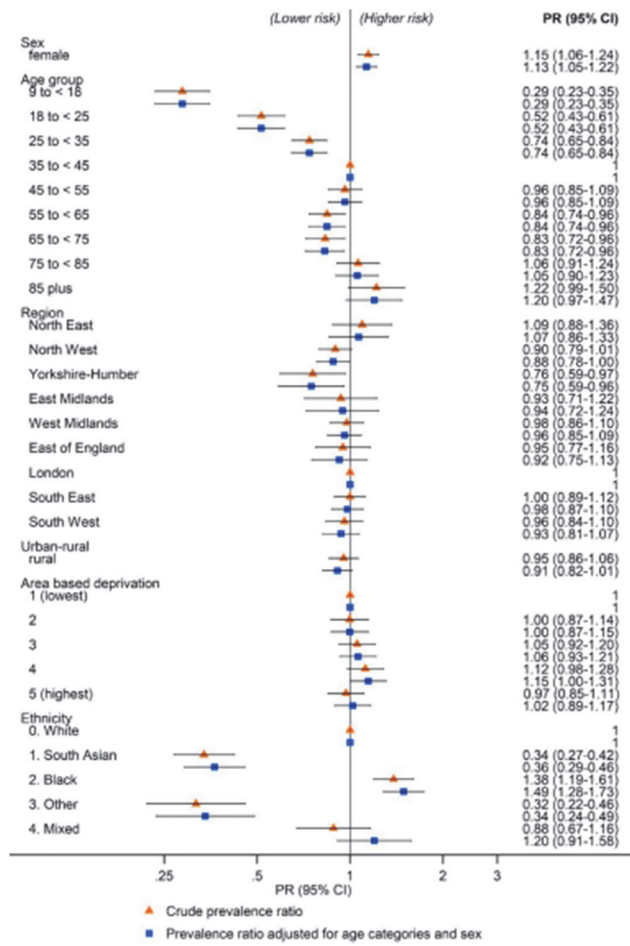


Strongman H et al. Figure 2 (Prevalence Ratios for diagnosed narcolepsy in England by demographic groups)



Abstract P51 Figure 2

age; it was most common among females, black people and in rural areas and lowest in South-Asians/Other ethnic groups and in the least and conversely most deprived areas (figure 2).

Discussion Prevalent diagnosed cases of OSA and narcolepsy are lower than expected, with differences between demographic groups potentially reflecting variation in risk factors, access to specialist sleep centres, and socio-economic consequences of sleep disorders.

**P53 VIGILANCE DECREMENT AND THE IMPACT OF SLEEPINESS AND HYPERSOMNOLENCE ON A STUDENT POPULATION**

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**Introduction** Vigilance decrement can be defined as a decline in accurate responses (Whittaker & Johnston, 2022, Grier et al, 2003), which can be used to measure vigilance and alertness. This study aimed to measure the relationship between sleepiness and vigilance within a student sample; as well as to investigate the relationship between vigilance and hypersomnolence in student in sample.

**Methods** A total of 62 participants completed the Epworth Sleepiness Scale (ESS), Stanford Sleepiness Scale (SSS) and were given a Sustained attention reaction time task (SART) experiment to complete.

**Results** A multiple linear regression was used to assess whether excessive sleepiness or sleepiness predicted the number of errors on the SART task. No significant effect was found between the predictor variables and error or reaction time within the SART task.

**Discussion** This research provides evidence to suggest that participants enrolled in higher education experiencing hypersomnolence and sleepiness are not vulnerable to increased vigilance decrement. The findings of this study are similar to those found in other populations such as nurses and health-care workers (Pélissier et al, 2021). This study may suggest that attentional resources are not impacted by hypersomnolence in a student population.