

Brief paper summary

Epidemiology and Economic Burden of Sleep Disorders in Europe

This newly published cost-of-illness study examines the epidemiology and economic impact of five major sleep disorders in Europe. Based on systematic literature reviews and a modern, internationally recognized modelling approach that addresses gaps in the literature, it provides the currently most comprehensive and up-to-date estimates of prevalence and costs across 30 European high-income countries, including Switzerland.

The main findings include:

- **Very high prevalence of sleep disorders**, particularly obstructive sleep apnoea (18% among adults aged ≥ 30 years), insomnia disorder (10% among adults aged ≥ 20 years), and restless legs syndrome (3% among adults aged ≥ 20 years).
- **Substantial socioeconomic costs** of up to €423 billion (2019 PPP), equivalent to more than 3% of the combined gross domestic product of high-income Europe in 2019. Actual costs may be even higher, as several important components, such as the (long-term) financial consequences of sleep disorders in minors, were not considered.
- **Major research gaps**, especially in European middle-income countries, concerning burden metrics such as disability-adjusted life years (DALYs), and costs related to presenteeism.

Relevance: Beyond the health implications of sleep disorders, this study highlights the urgent need of putting sleep health on national public health agendas.

Table: Costs of five sleep disorders in Europe and Switzerland

	Across 30 high-income European countries (€ PPP 2019)	Switzerland (€ PPP 2019)
Obstructive sleep apnoea (million)	183,989	9,285
Insomnia disorder (million)	158,127	4,521
Restless legs syndrome (million)	79,444	2,436
Narcolepsy (million)	905	26
REM-sleep behaviour disorder (million)	436	13
<i>Costs aggregated over 5 sleep disorders (million)</i>	<i>422,901</i>	<i>16,281</i>
Relative to GDP (%)	3.04	3.25
Costs per Capita	620 (median) 766 (mean)	1,855
Proportions of direct and indirect costs	48% and 52%	33% and 67%

Citation:

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