

**Applicant**

Dr. Silvana Papagerakis, University of Saskatchewan

Trainee: Razi Mahmood

**E-mail Address**

silvana.papagerakis@usask.ca

**Project Title**

Examining the association between sleep disorders and oral diseases including oral head and neck cancer

**Project Summary**

Sleep disorders are conditions resulting in altered sleep patterns which have been linked with oral diseases and head and neck cancers (HNC) with oral and oropharyngeal cancer being the most aggressive subtypes. Historically, HNCs predominantly affected males, but recent trends show increases among females. HNCs were largely attributed to tobacco and alcohol use, however recent evidence suggest circadian clock disruption may result in the development of HNC. Oral disease can lead to low quality of life, disfigurement, systemic disease, HNC or even death. Depression and sleep disorders lead to poorer treatment compliance and higher mortality. The relationship between depression, sleep disorders and oral disease and HNC needs further population-level investigation. The purpose of this study is to determine the association between 1) sleep disorders and oral diseases; 2) sleep disorders and head and neck cancers and 3) sleep disorders and depression among HNC patients.

**Keywords**

Head and neck cancer, Sleep disorders, Circadian disruption, Oral health, Depression