



Concerns: Sleep Problems

Sleep disturbances can affect daily functioning, long-term health and overall quality of life.

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People with HIV are more likely to experience sleep disorders than their HIV- negative peers. Sleep disturbances—such as insomnia and sleep apnea—can affect daily functioning, long-term health and overall quality of life. Prior research has shown that sleep disorders are more common among people with HIV, and certain antiretroviral drugs can interfere with sleep. In a new study, researchers analyzed sleep problems among 721 HIV-positive people in Italy. All were on stable antiretroviral treatment, most with an undetectable viral load, but comorbidities were common, and 20% were taking multiple medications. Overall, 77% had sleep disorders. A majority had scores indicating poor sleep quality (60%), followed by sleep apnea (31%), insomnia (31%) and high daytime sleepiness (8%). In this study, sleep problems were associated with anxiety and depression, cardiovascular risk factors and medications that can affect sleep but not with specific antiretrovirals. The researchers suggested that inflammation and chronic immune activation might also play a role.

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