3115 Title: Systematicreview into theeffectsofsleepdisordersonthe developmentofPTSD
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Objectives
To examine if sleep problems act as a risk factor for future PTSD development in military, child, andgeneral adult demographics. We will also be examining specific sleep disorders, such as nightmaresand insomnia, as well as examining general sleep complaints in a series of sub-sections (REM sleep,Sleep duration, quality, latency, and maintenance) to see if it is possible with the current literature todiscoverpotentialhintsintothedevelopmentofPTSD.

Methods
Six databases (Medline, Embase, Web of Science, Psychinfo, AMED, and OpenGray) were searchedwitha standardisedsearchstrategy.Thepaperswerethenscreened for relevanceandqualitycontrolled using the Ottowa-Newcastle Scale and the CASP cohort checklist by two reviewers untilonly relevant and high quality cohort studies remained. Relevant information and data was extractedfrom published sources and information on insomnia, nightmares, REM sleep, and 4 specific sleepsubcatagories (sleep duration, quality, latency, and maintenance) were gathered and examined. Nometa-analysiswas planned.

Results
Out of the 1813 documents gathered from the various databases, 25 papers were deemed fit fornarrative synthesis. 19 discussed insomnia or general sleep complaints, and found that those tendedtocorrelatewithdevelopmentoffuturePTSD,withlittledistinctionbetweeniftheinsomniaappearedpreorpost-trauma.6discussednightmaresandfoundthatthosetoowerepredictive,and2discussedREMsleep andfoundthatREMthetawaveswerepotentiallypredictive.

Conclusion
It is almost certain that complaints of poor sleep predict future PTSD development, with insomniabeing predictive of many psychiatric conditions not just PTSD, and nightmares being more specific tothedevelopmentofjustPTSD.Ithasalsobeensuggestedthatonlysubjectively(notobjectively)poorsleep predicts PTSD. This would explain why specific sleep categories all have mostly mixed results,butthe ideais not backedcompletely inthe literature.