

Anesthesia Technique and Postoperative Sleep Quality After Septoplasty

NCT07416773

Status	RECRUITING
Sponsor	Sevim ^enol Karata_
Enrollment	72 participants

Key Eligibility Criteria

Inclusion (3)

- American Society of Anesthesiologists (ASA) Class I-III
- Patients aged 18 and over
- Those who provided written informed consent at the preoperative anesthesia clinic and allowed telephone follow-up on days 2/8.

Exclusion (3)

- ASA Class IV and V
- Patients under 18 years of age
- Treatment of severe sleep disorders: Those with severe OSA confirmed by polysomnography and using active CPAP therapy.
- Significant cognitive impairment, delirium, active psychotic disorder that prevents reliable completion of scales.
- Regular use of hypnotics/benzodiazepines, sedatives/antipsychotics, or chronic opioids (e3 days/week in the last month), alcohol or substance abuse.
- Perioperative complications: Major complications during surgery, unplanned need for intensive care, or reoperation within the first 24 hours.
- Pregnancy or breastfeeding.
- Severe systemic disease, unstable cardiopulmonary status.

Locations (1 total)

Fethi Sekin City Hospital, Elâz1 , Elazi , Turkey (Türkiye)