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Analysis of inducement of Benign Paroxysmal Positional Vertigo (BPPV)

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**Abstract (approximately 250-300 words limit)**

Objective: To analyze the relevant factors that may affect the incidence of benign paroxysmal positional vertigo (BPPV). Methods: Fifty BPPV patients who were treated in the Department of Otolaryngology Head and Neck Surgery of Shanxi Provincial People's Hospital from May to September 2023 were selected as the BPPV group, and 50 healthy adults were selected as the control group. Relevant information was collected through questionnaires and medical history inquiries. The differences between the two groups of people in terms of bedtime, nighttime sleep duration, number of awakenings, presence of underlying diseases (such as hypertension, diabetes mellitus, and coronary heart disease), and influence of negative emotions were compared. Results: In the BPPV group, the male-to-female ratio was 16% and 84% respectively, and in the control group, the male-to-female ratio was 20% and 80% respectively. The age of the BPPV group ranged from 27 to 80 years old, with an average of (54.66 ± 13.39) years old, and the age of the control group ranged from 26 to 80 years old, with an average of (54.42 ± 12.55) years old. The bedtime of the BPPV group was significantly later than that of the control group, and the difference was statistically significant (P < 0.05); the nighttime sleep duration of the BPPV group was shorter and significantly lower than that of the control group, and the difference was statistically significant (P < 0.05); there was no significant difference in the number of awakenings between the BPPV group and the control group (P > 0.05); the number of patients with underlying diseases (54%) and those affected by negative emotions (70%) in the BPPV group was higher than that in the control group, and the difference was statistically significant (P < 0.05). Conclusion: Going to bed late, having a too short nighttime sleep duration, having underlying diseases, and having negative emotions can all affect the incidence of BPPV.

**Keywords**

benign paroxysmal positional vertigo;influencing factors;sleep time;sleep duration;underlying disease

**Recent Publications:** Rhinology（2025，IF 4.2）:Clinical efficacy of olfactory training using aromatic traditional Chinese medicine in managing olfactory dysfunction induced by SARS-CoV-2.

**Biography** **(150 words limit)**

I hold a Doctorate degree and work as a Chief Physician. I have a proficient command of all surgical skills in the field of ENT (Otolaryngology - Head and Neck Surgery). I lead and perform difficult surgeries in the Department of Otolaryngology - Head and Neck Surgery. Simultaneously, I have presided over 5 national and provincial projects. I have published 10 SCI - indexed papers and obtained 4 patents. I am good at interdisciplinary integration, for example, combining educational psychology with medicine. I also possess excellent team - management skills and the ability to train young physicians.

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