



AWARENESS OF INSOMNIA RELATED DISORDERS IN STUDENT COMMUNITY

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ABSTRACT

Aim: To conduct a survey and create awareness of insomnia related disorders among students

Objective: To examine the prevalence of risk and create awareness of insomnia related disorders among college students of Saveetha Dental College, Chennai, and their associations with % calculations.

Materials and Methods: A survey based questionnaire consisting of 12 questions was conducted among 80 students in random in our college.

Results: Insomniac students were comparatively fewer compared to other studies.

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INTRODUCTION

Insomnia is a symptom of a sleeping disorder characterized by a persistent difficulty falling asleep or staying asleep despite the opportunity. The lack of sleep can make classes and challenges more difficult to complete for students. Insomnia has become more and more common, and the effects are extremely negative to a student's education. Research on sleep disturbances in undergraduate medical students is of particular interest because of the known relationship between sleep and mental health [1] and the concern that the academic demands of medical training can cause significant stress.[2]

Insomnia is nowadays being recognised as a public health concern which affects the life of millions of people around the world as it can lead to long-term physical and mental exhaustion with altered mood, concentration, and memory. Inadequate sleep quantity and quality have been associated with poor school performance, mental health problems, poor sociability, behavioural problems, the development of obesity and its accompanying comorbidities in adolescents [3]. Sleep disorders such as Obstructive sleep apnea (OSA) syndrome is characterized by repetitive episodes of upper airway obstruction that occur during sleep, usually associated with a reduction in blood oxygen saturation [4] is a common complication which affects the population worldwide.[5] Subsequently, the social and professional aspects of life are also being affected because of a deterioration of general condition with a decrease in intellectual abilities and cognitive behaviour. This study aims to assess the risk of insomnia related disorders and create awareness among the students of the same.

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MATERIALS AND METHODS

The survey based questionnaire was conducted among 80 students aged 17-21 in random of Saveetha Dental College, Chennai.

Do you have any trouble staying asleep?
 Yes
 No

Do you wake up unrefreshed?
 Yes
 No

Do you take anything to help you sleep?
 Yes
 No

Does your sleep difficulty affect your ability to function throughout the day?
 Yes
 No

Do you find it harder to stay awake/focused during your classes when you did not get sufficient sleep the night before?
 Yes
 No

Do you experience any negative mood/behavioural changes when you have had consecutive days of insufficient sleep?
 Yes
 No

Is there anything in your home that disrupts your sleep-like noise, infants, l.v,lights or pets?
 Yes
 No

Do you try to sleep?
 Yes
 No

Do you wake up in the night and watch/check the clock?
 Yes
 No

Do you take a nap in the afternoon?
 Yes
 No

Do you go to the bed and get up at the same time everyday including holidays and weekends?
 Yes
 No

Do you feel your academic performance is hindered due to insufficient sleep?
 Yes
 No

Fig 1 Survey questions given to the participants.

Awareness Of Insomnia Related Disorders In Student Community

The questionnaire consisted of 10 yes or no choice questions. Students % calculations were calculated as insomniac if their answers were yes for more than 5 questions. Bar graphs and pie charts are charted for the respective findings.

RESULTS

Among the 80 students chosen in random who participated in completing the survey is likely to have sufficient and healthy pattern of sleep in normal. From this study, following three were taken into considerations charted on a bar graph and pie-chart.

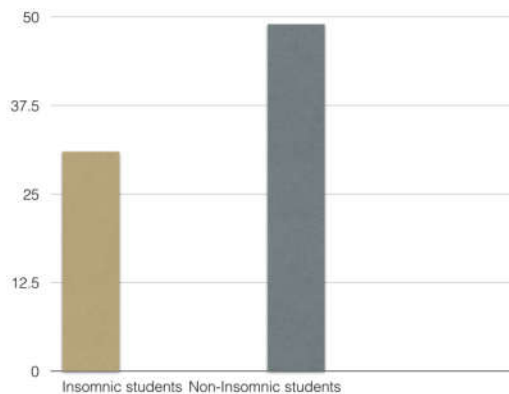


Fig 1 31 out of 80 students when analysed were insomniac and the rest 49 were not insomniac and maintained a healthy sleep pattern.

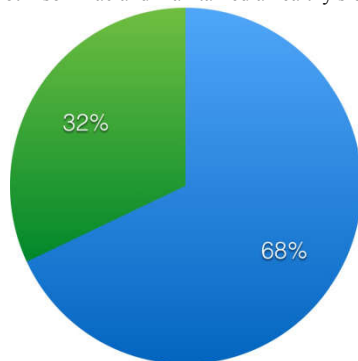


Fig 2 68% of students found it harder to stay focused during classes when they did not get sufficient sleep the night before.

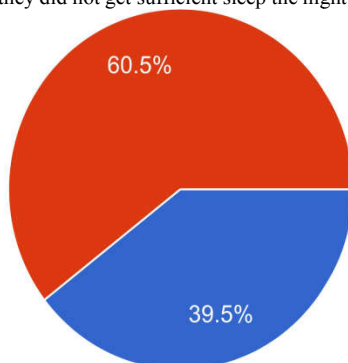


Fig 3 60.5% of students reported that their academic performance is being hindered due to insufficient sleep.

DISCUSSION

Individuals with family histories of depression or anxiety and who manifest lifelong depression and anxiety beginning in childhood are at uniquely high risk for insomnia at midlife [6]. A few studies suggest that anxiety may be a risk factor for future insomnia. [7]

Moreover, a considerable number of researches documented a high prevalence of sleep problems among clinically-anxious youth [8,9] as well as elevated levels of anxiety and stress in university students. [10] Caffeine consumption among adolescents have also increased dramatically the past decade.[11] This causes decreased performance in classroom, sleep deprivation and viewing the addictive properties and acceptance of caffeine as a gateway drug.[12] Narcolepsy followed by restless legs syndrome/periodic limb movement disorder, circadian rhythm disorder, affective disorder, obstructive sleep apnea, and hypersomnia are associated disorders of insomnia.

CONCLUSION

This study concludes that not many students are at a higher risk of being insomniac but are maintained with sufficient and healthy sleep pattern and also this study will help create awareness among the students who are likely to be insomniac about related disorders that impact lifestyles.

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