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Prevalence of sleep disorders among college students of Gurgaon

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Abstract

The study entitled “prevalence of sleep disorders among college students of Gurgaon” was conducted to assess the sleep disorder and the reasons for the same. This project describes the methodology used in a study performed in the college students using questionnaire method. The study aimed to investigate the prevalence of sleep disorders among 100 students in one of the reputed college of Gurgaon. Questionnaire method was used to gather the information. Questionnaire included both open ended and close ended. Questionnaire began with a standard question about socio demographic information and sleep habits, along with choice based questions, in order to know more about alternative problems faced by students due to sleep disorder. After the data collection, coding was done systematically and result was recorded and analysed.

Keywords: Sleep disorders, insomnia

Introduction

Trouble sleeping is a common problem being faced by everyone in present. There could be many factors behind it such as stress, illness, etc. But the question arises, if sleep problems are a regular occurrence and interfere with your daily life, whether you may be suffering from a sleep disorder. According to the American Psychiatric Association, sleep disorders are major disturbances of normal sleep patterns that lead to distress and disrupt functioning during the day. Not only are sleep disorders extremely common, affecting virtually everyone at some point in their lives, but they can also lead to serious stress and other health consequences.

Sleep disorders can make you feel tired, fatigued, and irritable, making it difficult for you to concentrate during the day. Sleep disorders cause more than just sleepiness. The lack of quality sleep can have a negative impact on your energy, emotional balance, and health. If you're experiencing sleeping problems, one should learn about the symptoms of common sleep disorders, ways to help yourself, and when to see a doctor.

Types of sleep disorders

Some common types of sleeping disorders are:

- Insomnia
- Sleep apnoea
- Restless legs syndrome (RLS)
- Narcolepsy

Insomnia

Insomnia is the inability to get the amount of sleep actually required by an individual, to wake up with the feeling of rested and refreshed, is the most common sleep complaint. Insomnia is often a symptom of another problem, such as stress, anxiety, depression, or an underlying health condition. It can also be caused by life style choices, including the medications you take, lack of exercise, jet lag, or even the amount of coffee you drink.

Short-term (situational) insomnia may be related to stressful situations such as illness, work/school demands or emotionally upsetting events in a person's life.

Situational insomnia is the most common reason for poor sleep.

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Chronic insomnia-at least three months of poor sleep most nights-may be related to another unrecognized sleep disorder such as sleep apnoea or restless legs syndrome. In many cases, more than one factor may cause insomnia. Common signs and symptoms of insomnia include:

Insomnia takes a toll on your energy, mood, and ability to function during the day. Simple changes to your lifestyle and daily habits can end sleepless nights.

Symptoms of insomnia:

- Difficulty falling asleep at night or getting back to sleep after waking during the night Waking up frequently during the night
- One's sleep feels light, fragmented, or exhausting
- One needs to take something (sleeping pills, nightcap, supplements) in order to get to sleep
- Sleepiness and lethargy.

Insomnia can be cured by making lifestyle changes.

Sleep Apnoea

Sleep apnoea is a common sleep disorder in which your breathing temporarily stops during sleep due to the blockage of the upper airways. It is a temporary suspension of breathing (10 or more seconds) that occurs repeatedly during sleep. These pauses in breathing interrupt your sleep, leading to many awakenings each hour. While most people with sleep apnoea don't remember these awakenings, they might feel exhausted during the day, irritable and depressed, or see a decrease in productivity. Sleep apnoea causes a person to wake up or to come out of a deep level of sleep into a more shallow level of sleep.

Restless legs syndrome

Restless legs syndrome (RLS) is a sleep disorder that causes an almost irresistible urge to move your legs (or arms). The urge to move occurs when you're resting or lying down and is usually due to uncomfortable, tingly, aching, or creeping sensations.

Narcolepsy: Narcolepsy is a sleep disorder that involves excessive, uncontrollable daytime sleepiness. It is caused by a dysfunction of the brain mechanism that controls sleeping and waking. Narcolepsy is a syndrome that involves vivid dreams, sleep paralysis and cataplexy (a condition in which a person suddenly feels weak and collapses at moments of strong emotion). Person suffering from narcolepsy may have "sleep attacks" while in the middle of talking, working, or even driving. Symptoms may occur all at once or gradually over many years.

Common signs and symptoms of narcolepsy include

Seeing or hearing things when you're drowsy or starting to dream before you're fully asleep. Suddenly feeling weak or losing control of your muscles when you're laughing, angry, or experiencing other strong emotions. Dreaming right away after going to sleep or having intense dreams. Feeling paralyzed and unable to move when you're waking up or dozing off

Lifestyle and Behavioural Treatments for Sleep Disorders

Relaxation training methods such as progressive muscle relaxation (PMR), deep breathing techniques, imagery, and self-hypnosis might help some people deal with sleep disorders. PMR involves helping the individual to sequentially tense and relax the body's major muscle groups

while concentrating on and contrasting sensations of tension and relaxation. To enhance the effectiveness of the treatment daily practice of relaxation techniques between therapy sessions is essential. The following are few of the ways to cure sleep related problems.

- **Cognitive therapy deals with helping people:** identify and correct inappropriate thoughts and beliefs that might contribute to insomnia. It can give people the proper information about sleep norms, age-related sleep changes, reasonable sleep goals, and the influence of naps and exercise.
- **Sleep restriction therapy (SRT):** consists of limiting a person's time in bed to only that time when he or she is sleeping.
- **Sleep hygiene:** refers to practices, habits, and environmental factors that are important for getting sound sleep. The four general areas important to sleep hygiene are the circadian rhythm (24-hour cycle); aging; psychological stressors that cause mini-awakenings (in which the brain wakes up for just a few seconds); and substances such as nicotine, caffeine, and alcohol.
- **Aging:** Sleep patterns change after people reach the age of 40. The awakenings affect sleep quality and can interact with any other condition that might cause arousals or awakenings.
- **Psychological stressors:** such as exams, deadlines, or job problems might interfere with sleep. It is beneficial for people to develop some kind of pre-sleep ritual to break the connection between stress and bedtime. In addition, meditating or taking a hot bath can help a person relax and get to sleep
- **Use of Nicotine in the daily diet such as:** Caffeine can stay in the body as long as 14 hours and can increase the number of times you awaken at night, decreasing your total amount of sleep time. The effects of nicotine, when consumed in high doses, are similar to those of caffeine. Alcohol might initially sedate you, making it easier to fall asleep. The downside to alcohol is that as it is metabolized and cleared from your system during sleep, it causes arousals that can last as long as two to three hours after it has been eliminated.
- **Environmental factors:** The sleeping environment should be cool, dark, and silent. Patients may be encouraged to buy blackout curtains to eliminate extra light and wear ear plugs. Keeping the disturbing elements away from the patient while sleeping or other factors (such as noise/light from TV, etc.) should be addressed.

Materials & Methods

The present study on sleep disorders among college students involves several methodological issues that need to be defined. The rigor of the methodology is an important issue since it will determine the reliability of the data gathered. This project describes the methodology used in a study performed in the college students using questionnaire method.

The study aimed to investigate the prevalence of insomnia among 100 students of Gurgaon. Questionnaire method was used to gather the information. Questionnaire included both open ended and close ended. Questionnaire began with a standard question about socio demographic information and sleep habits, along with choice based questions, in order to know more about alternative problems faced by students due to sleep disorder. After the data collection, coding was done systematically and result was recorded and analysed.

Result

Table 1: Causes of Sleep Disorders

S. No	Causes Of Sleep Disorders	No of respondents (n=100)
1	Relationship issues	10
2	Poor eating habits	18
3	Excessive work	7
4	Financial issues	3
5	Peer pressure	5
6	Other reasons	4
7	Anxiety and fear issues	5
8	Sleep deprivation due to high intake of caffeine	20
9	Medical issues/drugs	1
10	Require sleeping pills	7

The table above depicts various factors causing sleep disorders. From the above mentioned table it was found that

majority of students suffered sleep disorders caused due to relationship issues, poor eating habits and high intake of caffeine. Rest faced sleep problems caused due to factors such as financial issues, peer pressure, anxiety etc.

Table 2: Prevalence of sleep issues

S. No.	Prevalence of sleep related issues	No. of respondents (n=100)
1	Difficulty sleeping	27
2	Afraid of sleeping	11
3	In between wake up	25
4	Trouble relaxing	27
5	No problem	10

Table No. 2 shows sleep related issues amongst college students. Majority reported difficulty sleeping, In between wake up and trouble relaxing (27%, 25% & 27%) respectively whereas, others reported that they develop fear of sleeping.

Table 3: Prevalence of symptoms related to sleep disorder

	S. No.	Prevalence of insomnia related symptoms	No of respondents (n=100)	% prevalence of sleep disorders
I	1	Feeling of unrest	10	42%
	2	Early morning wake up	11	
	3	sad or depressed	11	
	4	Trouble waking	10	
II	Prevalence of RLS symptoms			17%
	1	Turning nights	5	
	2	Shaking legs	4	
	3	Moving feet	5	
	4	switching places	3	
III	Prevalence of Symptoms related to Narcolepsy			23%
	1	Weird thoughts	4	
	2	Nightmares	5	
	3	Failures	6	
	4	Loses	3	
	6	Other reasons	5	
IV	Prevalence of Sleep apnoea			8%
	1	Loud Snoring	1	
	2	choking during sleep	5	
	3	waking up with shortness of breathe	2	

Table 3. Depicts symptoms present in students with various sleep disorders. The data reveals that majority of students suffered from insomnia related symptoms i.e. 42%. Whereas 23% and 17% reported of narcolepsy and restless leg syndrome, respectively. Very few complaint of sleep apnoea related symptoms such as snoring, choking during sleep and shortness of breath while sleeping.

Table 4: Awareness regarding sleep disorder

S. No	Awareness regarding sleep disorders	No of respondents
1	Yes	20
2	No	80

Table 4 depicts that the awareness amongst students regarding sleep disorders was poor i.e. 20%. Majority of them were unaware of sleep problems and its causes.

Conclusion

A person's social and psychological state can be badly affected with sleep disorders. Sleep disorders effect a person's sleep cycle which can be life disrupting. Lack of sleep is known to affect both our physical and mental health. In the study conducted on the college students regarding prevalence of sleep disorders revealed that 90% of the student's faced some problem or the other related to sleep. 42% reported to

have symptoms related to insomnia, 23% suffered from narcolepsy, 17% complaint of restless leg syndrome whereas only 8% reported of sleep apnoea. The data also revealed that majority of the students (80%) were unaware of sleep disorders and their related symptoms. Sleep related issues which was once confined to old age symptom, has now become a part of every age. Hence, it was concluded that daily stress and lifestyle pattern has affected the college students.

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