ABSTRACT

PREVALENCE OF SLEEP DISORDERS AMONG UNDERGRADUATE MEDICAL STUDENTS IN TEACHING INSTITUTION

AIMS: To assess the prevalence of sleep disorders among undergraduate medical students in teaching institution, using validated measures and to investigate associations with academic performance and psychological stress.

OBJECTIVES:

1. To assess the prevalence of sleep disorder among undergraduate medical students during clinical years.
2. To compare various socio-demographic variables, academic performance and stress with sleep disorders

METHODOLOGY: This cross sectional descriptive study was done in sample of 269 medical students, by random sampling method. Students filled the questionnaire including socio-demographic variables, Pittsburgh sleep quality index, Epworth sleepiness scale and Perceived stress scale. The collected data were subjected to descriptive statistical analysis.

RESULTS: The prevalence of poor sleep quality in medical undergraduates observed in this study was 30.5%. The Excessive daytime sleepiness was present in 24.9% of students, and Insomnia in 32.7% of students. The prevalence of sleep disorder shows statistical significant association with stress and academic performance.

CONCLUSION: Poor sleep quality, Excessive daytime sleepiness and insomnia are common among undergraduate medical students. The importance of acquiring sufficient and good quality of sleep for medical student is essential, in patient’s well being and outcomes, as well as their career success.

Keywords: Sleep disorders, Medical students, Academic performance and Stress.