

A Study on the Prevalence and Reasons of Sleep Disorders among Residents of Lucknow City

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Abstract—Sleep disorders have become very common these days not only in the old age group but also in the younger section of the society. Several studies have clearly shown that sleep complaints are very common in the general population. This study was mainly carried out to assess the reasons and prevalence of sleep disorders. 200 people between the age group of 25 to 60 years (students, housewives, working ladies, old age, and adults) were randomly selected from Lucknow city. 71.5% of the respondents said they had a problem in sleeping. Only 28.5% of people sleep well. The main reasons for sleep disorders were stress, worries, and lack of exercise. Some people also reported snoring and heavy breathing as reasons for insomnia. Some respondents also had worries regarding job and family issues.

Keywords: *Insomnia, Snoring, Stress*

1. INTRODUCTION

Sound restorative sleep is the foundation of a healthy life. Even *Charak*, the ancient ayurvedic physician, describes that good health, happiness, sexual vigour, and long life all depend on the quality of sleep. According to the National Institute of Neurological Disorders and Stroke, about 40 million people in the United States suffer from chronic sleep disorders. In India, too, the incidence of sleep-related disorders is on a rise, and the growing epidemic of non-communicable diseases like hypertension, obesity, and cardiovascular diseases can be attributed to this. Our bodies require sleep because our muscles, heart, brain, and other organs relax during deep sleep, thus bringing our blood pressure down and keeping our heart healthy. There are many types of sleep disorders, but the most common of all is insomnia, which means inability to fall asleep and staying awake most of the night. This leads to various types of physiological problems and feelings of fatigue and sleepiness throughout the day.

2. OBJECTIVES OF THE STUDY

The main objectives of the present study were

1. To assess the approximate percentage of people suffering from sleep disorders in urban population
2. To assess the reasons associated with sleep disorders

3. To assess the sleep disorders among various sections of the society.

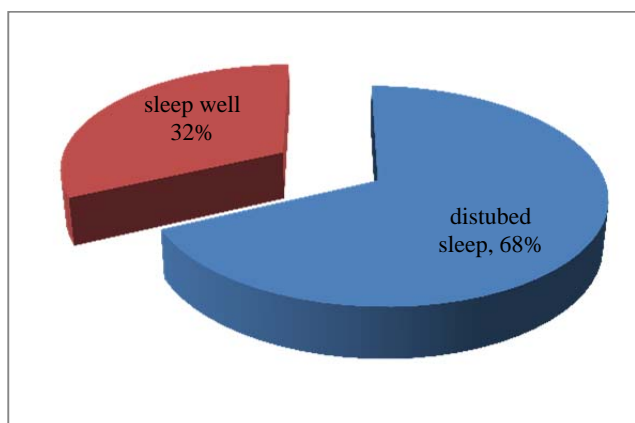
3. METHODOLOGY

1. **Study Area**- For this study, 200 people were randomly selected from all areas of Lucknow city.
2. **Sample Selection**- 200 subjects were randomly selected from the age group of 25 to 60 years. 200 respondents were divided into five categories: 40 students, 40 housewives, 40 adults, 40 working ladies, and 40 old age people.
3. **Tools and techniques for the study**- The information related to this study was collected with the help of a self-made structured, pretested questionnaire. The respondents were interviewed, and the data collected was analysed.

4. FINDINGS

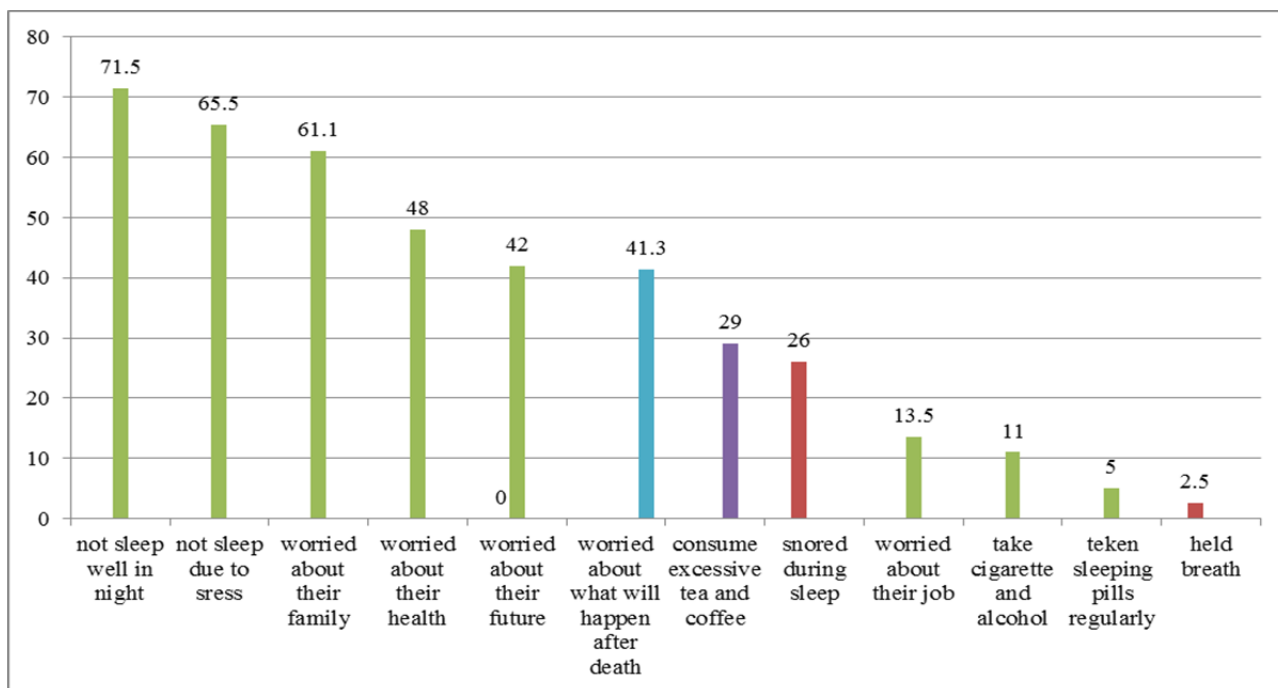
1. There was a strong prevalence of sleep disorders among urban population.

Table 1: Sleep disorder in urban population



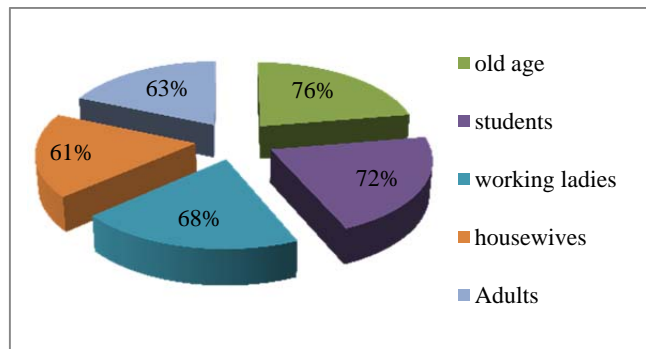
This table shows that nearly 68% of the respondents suffer from lack of sleep. Only 32% of respondents sleep well at night.

Table 2: Reasons of sleep disorder



Out of 200 subjects 71.5% said that they don't sleep well in the night. Only 25.5% people sleep well. 5% people also said that they have to take sleeping pills regularly. 29% respondents consumed excessive amount of tea and coffee and 11% took cigarette and alcohol. 65.5% respondents said that they were not able to sleep due to stress. 42.5% worried about their future while 61% worried about their family. Only 22% respondents' did exercise regularly. 13.5% respondents worried about their job while 41.9% worried about what will happen to their family after their death. 48% respondents worried about their health. 26% snored during sleep and 2.5% also held their breath. Nearly all respondents who did not sleep properly felt tired and sleepy throughout day.

Table 3: Sleep disorder among various age groups



The respondents of the older age groups are more affected by lack of sleep. They attributed it mainly to physiological problem like indigestion, gastric trouble, hypertension and even

pain in limb and back. It was surprising to note that young students were also suffering from this disorder. The main reason of this was stress related to carrier selection, mate selection and some time even financial difficulties. The working women also were affected more than the housewives as the working women have to make a work life balance.

5. CONCLUSION

The problem of sleep disorder is very much prevalent in all sections of the society not only adults but also the younger students lot is falling prey to this. The main reasons behind this are stress, worries regarding Job and family, health issues, lack of exercise and some physiological problems. All these people require regular counseling and life style changes. People of all age groups should take up physical exercise regular. Stress reducing measures like Yoga, Meditation and Sports should be taken but the students. Old aged people undergo medical checkups regularly to ensure good health.

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