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# REPORT

## ON MANUFACTURING PRACTICES (RESEARCH WORK)

**Topic:** comparison of insomnia people in  
different age groups.

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**Grade:** III **Group:** 35.

**Specialty:** General medicine.

**Checked by:** KUDRIN RODION ALEXANDROVICH.

*Оцм. (90 баллов)*

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*Замещаю в печать.*



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## Introduction:


Insomnia is mainly caused by poor sleep habits, not taking proper rest, psychiatric problems and also some medical conditions which persons undergo several problems might face the so called problem that is Insomnia there was a research carried out in the America which declared that insomnia is a big sleep disorder and to know this we have to ask some questions to the peoples whom we are going to do research on. The score which we get by asking questions that is to calculate their risk of insomnia and recommend them how to get rid of those problems. **(Bahdur.R.D.,1982)**

We are going to do our research on the med school learners. Among med school learners sleep during daytime threatens very badly and valuable works of the learners. This research work need a survey and laboratory readings which will help in the research that a no. of factors, like the questions belong to Insomnia determine the med school learners sleep during daytime. Remaining factors like study and work schedule, etc. **(Alhaqwi, A.L.,1974)**.

The research aimed to investigate the med-school learners undergo sleep during the day which will reflect on their results in the academic. As a physicians advice the sleep is a major factor for a great memory, which will improve the process of learning, gives away the body tiredness and relaxes the muscles and makes the moods of the students stable. **(L.kecklund, G. Sleep disturbances.,1985)**.

When the learners get a worst sleep then normal sleep i.e during day and on the time of study or work it is said to give some medical problems to the students like psychologically affected, stability of mood, affect performance in academic. By using this two objectives we are going to make our work easier to find out the students sleep during daytime and we are going to provide them a recommendation to avoid the sleep in the class and to help them by increasing their performance in academic. **(Aldabal.A.S. metabolic, endocrine, and immune consequences.,2012)**.

We are going to do the work by the guidance of the professor's work in the normal physiology department of our university VOLGOGRAD STATE MEDICAL UNIVERSITY.

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### LITERATURE REVIEW:

The main burden of the med school learners is that they carry more loads of academic which may affect potential contribution of their sleep. They usually get poor sleep during the night time and often they get REM which is abbreviated as rapid eye movement which everyone experience in these upcoming fashion world. There is a literature review of medical students on the experience about sleep mean while it attempts a chance of risk is more, higher for the students of the other profession other than medicine and also for the general peoples. There are several risk factors like attitude of students who study medicine, should be given proper learnings about the importance of sleep, the demand of performance in the side of academic risk causing agents, which is potential are not understandable and it is incomplete. **(Baldwin, C. M., Kanpur M.I., 1988)**

We should make a good capacity of understandable on the basic knowledge of sleep diseases in their trainings due to the course they study in medicine, more essential for the students of medical college. This is provided to increase personal knowing of learners. While they study about the sleep disorders in med-school. Which may also help for their own health condition and they will take care of the student performance in the academic. They will be getting self-awareness on the disorders of sleep and general studies gain them a knowledge that which appear and factors are more for the sleep disorders, so improving the education style may be helpful in beneficial contribution & invention in the world. Hereby we should give them a sample evidence for condition of the problem, there we should start a detailed study in the criteria to explain & expand ideas to the innovation to educate more peoples for the education based on the sleep for those who are still in med-school, and to identify those who undergo of this risk, and to make the life of student better. **(Holsberg, C.J., Rosen, C. John, F. J., 1994).**

Now we understand the important to know how much we need sleep. If we are not sleeping properly we should know the future problems we will get lack of rest. The expansion of disorders of sleep and also the distances that occur during sleep has an bad reflection on the academic side. This is the main goal to go through the work on the literature according to sleepiness disorders, work due to that the problems of sleep may occur, the college should give awareness of sleep, This is about UG medical school learners sleep disorders. This are recorded and mentioned on sleep disorder awareness, it is accompanied for the



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medical student sleep which is poor and make impact in the problem which arises due to sleep & accompany & brings the performance on the study, state of ability to perform physiological functions normally. These makes the trainers in the med-school to make a literature and professor awake to make necessary procedure to bring up the student's life in a better way. Identify the factors that influence the learners in the med-school. The needed thing in the life is sleep. (Carskadon, M.A., Dement W.C.,1997).

The learner and the trainer need to improve outcome among the peoples they treat. This factors are classified as two such as environmental and inner body factors. The bio-resources (metabolic) like hyper arousal in the ANS and anterior gland of pituitary hypothalamus & axis of adrenal gland over activation factor for predisposing; the events which leads to increase stress level due to problems in the relations (illness of relations), due to tests of semester may provide sleep abnormalities for precipitating, worries of future may lead to abnormalities of sleep which may lead to increase of psychological & tension & pressure. The problems lead to sleeping abnormalities like REM (rapid eye movement), blabbering during sleep (this is due to thinking of some problems before sleeping), sleepwalking (this is due to thinking of some work before sleeping). Pre-sleep cognition such as rapid thinking, planning, being stressed worrying and analysing about worries at the time of rest may lead to the disorder named insomnia. (P. R., keenan, S .guidelines for the multiple sleep latency test MSLT.,2014).

This review is documented for the future reference of med-students studying in foreign (because foreign learners faces more negativities than the students of the same origin of the country, because of staying away from home) they undergo more stress and heavy work load on them. So, we use comparison of insomnia problems with different age group of peoples to determine the med-learners capacity of sleep & to provide lectures based on the disorders of sleep lack of rest.(Ilayaraja.T.M.,2012)

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## Materials and Methods:

This cross sectional survey is conducted by me in the area of VOLGOGRAD STATE MEDICAL UNIVERSITY. This study is conducted by me during the period of my winter semester in the month of September 2019. All my colleague students who are studying in general faculty medicine in the year of 2 to 6 have been invited to participate in this study. A total number of students agreed to participate is 12 from who all are invited. The ethical approval was obtained from the college of medicine ethics committee of university. Group leaders from all the level of courses had facilitated in the area of data collection. The questionnaire was prepared to know about the information about sleep during the daytime in this questionnaire. I have included the items which are based on the previous survey and according to worldwide accepted scales. It is totally having 3 main parts. The first part of the questions consist of the enquiry about living area of the person, academic performance, pattern on which basis the candidate is sleeping, amount of intake of caffeine, bad habit like smoking, time which the person is scheduled to do his daily basic needs and usual habits. In the second part; this part consist of the world wide accepted scores for measuring the level of insomnia measuring scale to measure the day duration of sleeping. The scale which I took for experiment focus on the studying students in which they falling in the bed to sleep in 8 various types and they were given score significantly (0- not dozed, 1- light possible for dosage, 2- medium possibility for dosage, 3- more the medium possibility of dosage).

The total scoring system give a total score of 0-24 and the person or student who got score more then 10 are calculated and will come under the group who all are having high sleep in time of afternoon. The persons who got marks above 3 mark are coming under the category of increased scoring persons. A bunch of 12 students were taken under the measuring for the project and I took a certain time to compile the question needs to be asked during the experimental project.

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### QUESTIONNAIRES USED

1. Sleep TST (total sleep time)?
  - a. Wake
2. SOL (sleep onset latency) ?
3. WASO (waking after sleep onset)?
4. Total wake time (TWT: SOL + WASO)?
5. Difficulty falling asleep?
6. Wake early (number of mornings up too early/week)?
7. Number of Nights of arousal/week.

### Sleep lifestyle

8. Sleep efficiency?
9. Time to bed?
10. Time out of bed?
11. Total time in bed?
12. How worried or distressed are you about current sleep problem?
13. To what extent your sleep problem interfere with your daily function?
14. How satisfied are you with your current sleep pattern?
15. How noticeable to others do you think your sleep problems in terms of impairing the quality of life?

Medication use: number of nights per week participants used sleep medication?

- (a) total sleep time (TST): respondents' perception of how long they slept during the night,
- (b) sleep onset latency (SOL),
- (c) waking after sleep onset (WASO): duration of nocturnal arousals,
- (d) total wake time (TWT),
- (e) difficulty falling asleep,
- (f) number of mornings per week waking up too early,
- (g) sleep efficiency (SE): percent of bedtime spent asleep,
- (h) bedtime,
- (i) arising time (time out of bed),
- (j) total time in bed,
- (k) medication use: number Of nights per week participants used sleep medication,



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- (l) naps: number of days napped per week, and  
(m) frequency of nocturnal arousals (FNA): number of awakenings per night.

Age group	No. people	sex	Duration of sleep	Time of sleep	% of problem facing
16-25	4	F	5 hrs	12am	10%
16-25	6	M	5 hrs	12am	20%



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25-35	5	F	7 hrs	11:00pm	10%
25-35	6	M	6 hrs	11:00pm	20%
35-50	5	F	4 hrs	2am -4am	90%
35-50	4	M	3 hrs	2am -4am	90%





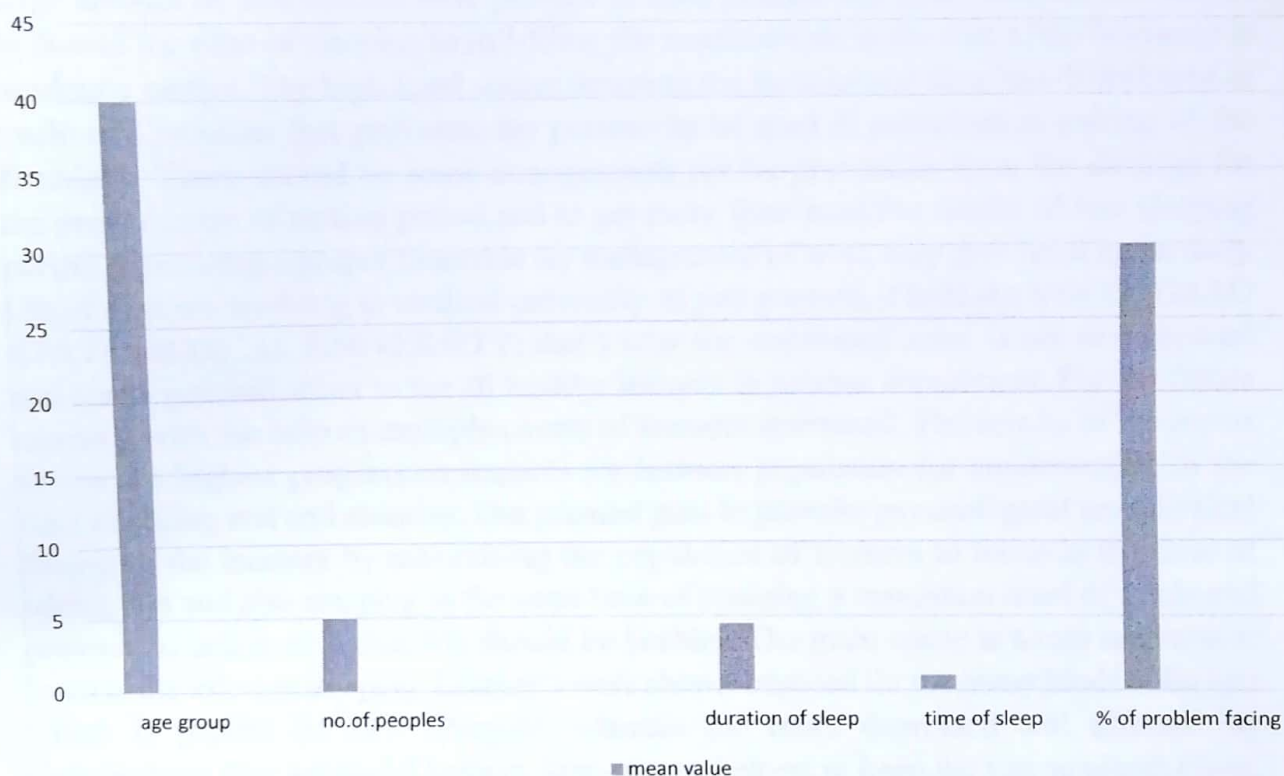
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## GRAPHICAL REPRESENTATION:

### INSOMNIA OF DIFFERENT AGE



This are the results we got by asking questions to the med-school learners and by their answers we made this report.

### RESULTS CALCULATED:

TOTAL STUDENTS: 12.

SUM OF TOTAL 'ESS': 160

MEAN ESS SCORE: 13.

STANDARD DEVIATION: (+/-2.15).



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## SUMMAARY:

The common practice in medical and learning skills in medicine needs learners to gain large amount of instructions were provide in brief periods and many learners are pushed to donate the time of sleeping to full-filing the requirements in the side of performance in academic carrier. The high level scores denoting the persons and they had disturbance in cycle of Circadian that provokes the persons to be tired & pathological pairing of the functions. There should be some arrangements for the prevention from the disorder for the proper cycle of resting period and to get away from negative results of low sleeping period. Following a proper timetable for management of work may give hand in the daily life of students studying in medical university.as you guessed, it held at a **VOLGOGRAD STATE MEDICAL UNIVERSITY**; that's why we, concluded score is not to compared and made generalization to the all healthy learners in science department. For the future research with the help of multiple counts of learners warranted. The results of the report shows the highest progression requires for learners population for concentrating in the time of taking rest and sleeping. Our premier goal to provoke psychological and physical fitness of the learners by maintaining the population of learners to focus in the time of taking rest and also sleeping in the same time of attaining a maximum level of grade and provoke to action or active, life should be healthy. The main cause is stress or pressure leads to disorders in sleeping. Learner's were shown/exposed for the many kinds of factors which is present in their lifecycle, whereas the more depressed and affected by sleeplessness they are social helpers, loan-givers, helpers to keep the surroundings clean, learners, problems arises against health or a partnering/combining each other to make the med school learners about **INSOMNIA**.



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