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Кафедра нормальной физиологии

Фонд оценочных средств
ОТЧЕТ по производственной
практике (научно-
исследовательская работа)

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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: 337.

SPECIALTY : GENERAL MEDICINE.

CHECKED BY : KUDRIN RODION ALEXANDROVICH.

кор. (848)

Замерена в течение.

Проф. В.А. Кудрин 13.12.2019.



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Introduction:

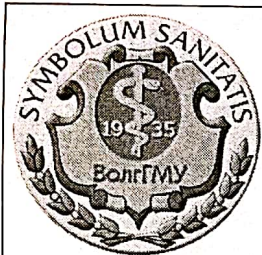
INSOMNIA is our poor sleepless disorders .its not defined the number of hours of sleeping but an individual's ability to sleep long enough to feel healthy and alert during the day. The score which we get by asking questions that is to calculate their risk of this disordered. This research work needs a survey and laboratory reading which will the research that a no of factors, like the questions belong to insomnia determine the medical school learners sleep during day time. Every the population on situational and common of the complaints in practice of medical. (**Quaseem a.m.,2016**).

During day and on the time of study or work it is said to give some medical problems to students like physiologically affected and stability of mood and affect performance in academic. You have a hard time initiating sleep; you struggle to maintain sleep, waking up frequently during the night. Remaining factors like study and work schedule and more. You tend to wake up too early and are unable to go back to sleep. You sleep is no restorative or of poor quality. The score which we get by asking questions that is to calculate their risk of this disordered. (**alhaqwi. A.L.,1975**).

Even if we are spending eight hours a night in bed , if we feel after sleeping not the number of hours we sleep or how quickly we done off and drowsy and fatigued during the day , we may be experiencing insomnia . These also include a wide range of sleep disorder from lack of quality of sleep to lack of quantity of sleep. Basically there was a research carried out in the America which declared that insomnia is a big sleep disorder and we know this we have to ask some to the peoples whom we are going to do research on. (**Daniel J. Buysse MD.,1998**) .

As a physicians advice to sleep is major factors for 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 here. Attention should be given to the students about their knowledge and health condition. (**L.kercklund G. Sleep disturbances., 1985**).

We are going to do 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:

These trainers in the medical school to make a literature and professor awake to make necessary procedure to the student life in a better way There are several risk factors like attitude of students who study medicine, should be given proper learning's about the importance of sleep, the demand of performance in the side of academic risk causing agents. The expansion of disorders of sleep and also the distances that occur during sleep has an bad reflection on the academic side.(**Mathias nard P.O.,1885**)

Medical school curricula mostly ignore sleep ,and insomnia is unmentioned even in many residency setting.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. Hereby we should give them a sample evidence for condition of the problem, 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. 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.(**Jean-luc nancy.,1862**).

Some cases of insomnia are not really insomnia in the traditional sense , because people experiencing sleep state misperception often sleep for a normal amount of time. 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. (**Alice Robb.,1902**)

This are recorded and mentioned on sleep disorder awareness, it is accompanied for the 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. Because their perception of their sleep is incomplete , they incorrectly believe it takes them an abnormally long time to fall asleep, and they

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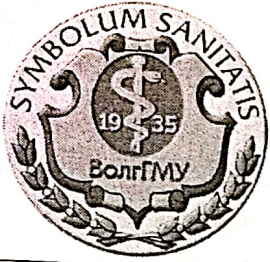
under estimate how long they remain asleep. It has been hypothesised that the epigenetic might also influence insomnia through a controlling and an impact as well on the brain plasticity. (Bahdur.R.D.,1982).

Make a differential diagnosis and determine specified type of sleep problems. 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) (Carskadon, M.A.,Dement W.C.,1997)

Materials and Methods:

We conducted by me in **VOLGOGRAD STATE MEDICAL UNIVERSITY**. This study is conducted by me during the period of my winter semester in the month of September 2019. A total number of students agreed to participate is twelve 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. All my colleague students who are studying in general faculty medicine in the year of two to six have been invited to participate in this study. I have included the items which are based on the previous survey and according to worldwide accepted scales. It is totally having three main parts. The questionnaire was prepared to know about the information about sleep during the daytime in this questionnaire. 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, first is light possible for dosage, second is medium possibility for dosage, three is more the medium possibility of dosage). 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



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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. 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. 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 such as smoking, time which the person is scheduled to do his daily basic needs and usual habits and Some people who got marks above third mark are coming under the category of increased scoring persons.

QUESTIONNAIRES used:

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

Sleep lifestyle

8. Sleep effectiness?
9. Total time in and out bed?
10. To what extent your sleep problems interfere with your daily function?
11. How is worried or distressed are you about current sleep problem?
12. How is satisfied are you with your current sleep pattern?
13. How is 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 respondents' perception of how long they slept during the night,
- (b) waking after sleep onset: duration of nocturnal arousals,
- (c) sleep onset latency ,
- (d) difficulty falling asleep,
- (e) total wake time,



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- (f) number of mornings per week waking up too early,
- (a) bedtime,
- (b) arising time (time out of bed),
- (c) total time in bed,
- (d) sleep efficiency (SE): percent of bedtime spent asleep.

Name of table?

Age group	No. people	sex	Duration of sleep	Time sleep	% of problem facing
16-25	5	F	6 hrs	11am	10%
16-25	5	M	5 hrs	12am	20%



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25-35	5	F	7 hrs	11:00pm	10%
25-35	6	M	4 hrs	12:00pm	20%
35-50	4	F	6 hrs	1am -3am	90%
35-50	5	M	3hr	1am -4am	90%

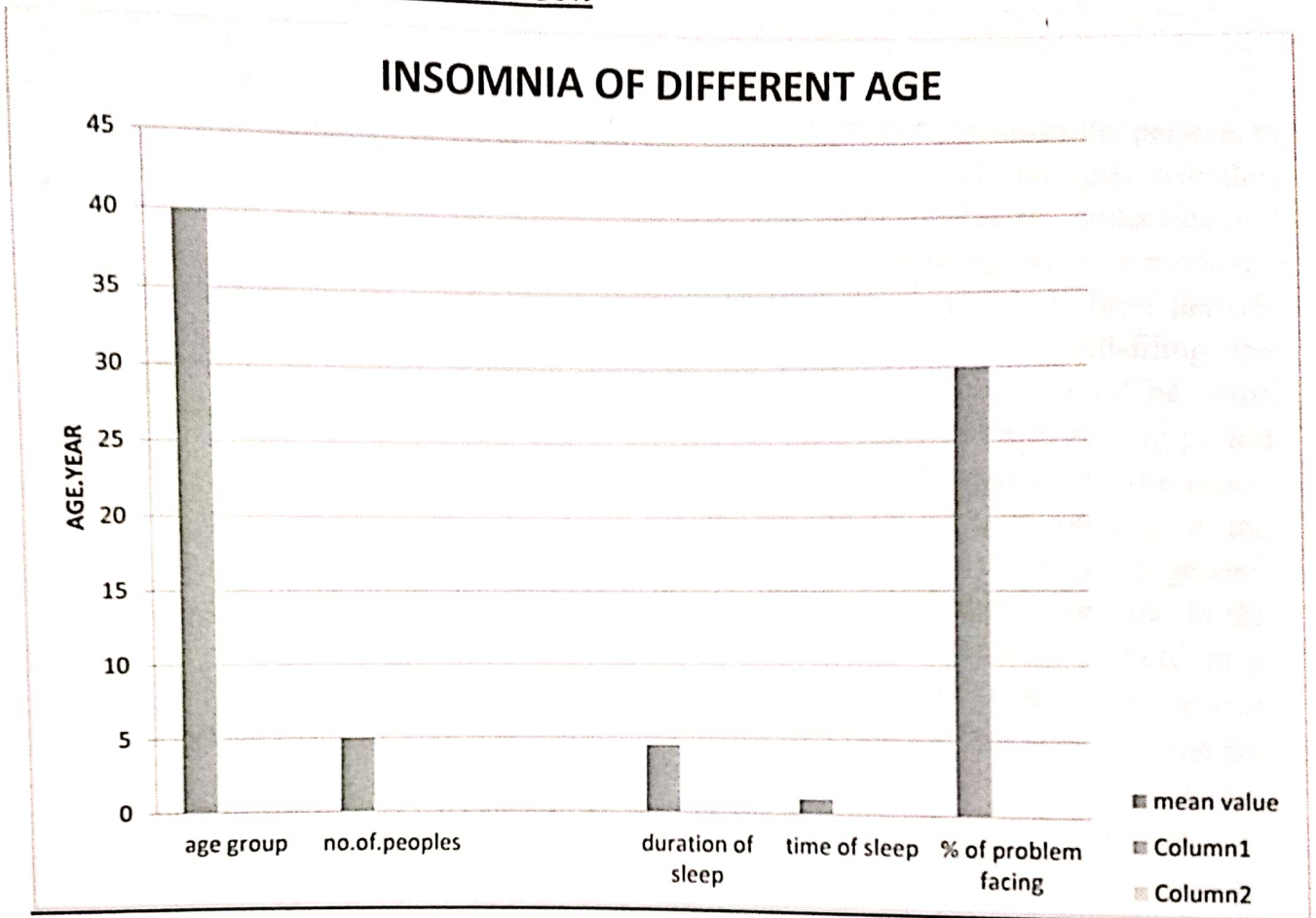


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GRAPHICAL REPRESENTATION:



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: 12.

STANDARD DEVIATION: (+/-2.13).



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SUMMAARY:

The persons and they had disturbance in cycle of Circadian that provokes the persons to be tired & pathological pairing of the functions. Patients often rely on optic remedies that have little documented benefit. This insomnia may have psychiatric, endocrine and metabolic effects. The commonly practiced in medical and learning skills in medicine some 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. 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. The results of the report shows the highest progression requires for learners population for concentrating in the time of taking rest. Transient and chronic insomnia are highly prevalent in the general population. 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 mainly cause is our stress or pressure leads to disorders in sleeping.



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