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**REPORT  
ON MANUFACTURING PRACTICES  
(RESEARCH WORK)**

**Topic : Insomnia Sleep Questionnaire**

Performed by

Student: **MANIVEL KARTHIK**

Grade 3<sup>rd</sup> course Group 37


Specialty: General Medicine

Checked by: **RODION KUDRIN**

4 (84 баллов)

Замерание в течение

Проф. Р. Кудрин  
18.12.2019.


	<p>Федеральное государственное бюджетное образовательное учреждение высшего образования «Волгоградский государственный медицинский университет» Министерства здравоохранения Российской Федерации Кафедра нормальной физиологии</p>	<p>Фонд оценочных средств ОТЧЕТ по производственной практике (научно- исследовательская работа)</p>	<p>-2-</p>
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## INTRODUCTION

INSOMNIA otherwise called as Sleeplessness, it can be characterized mainly by the feeling of tiredness after when we woke up from the sleep or sometimes frequently during waking up in the night. Mainly it is of two types those are Primary and Secondary. Primary occurs if an individual having sleeping problems that don't have any kind of direct relationships with other health conditions or problems, but Secondary occurs mostly if an individual having sleeping problems that do have any relations with health conditions like example pain, cancer, heartburn, medications and sometimes even the use of alcohol. (Schuman 45)

It can also be classified as acute and chronic according to whereby acute is of shorter duration occurred because of medications since they may interfere with sleep and also by environmental factors, interference of sleep, stresses and chronic lasts for longer period occurs because of anxiety, depression, and stress.

Individuals with this condition they are vulnerable to recurrent episodes and the longitudinal research describes that, mostly 70% of them used to experience the symptoms a year later and half of them still have insomnia up to 3 year later.

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Epidemiological survey which was conducted in the United States tells us about 10 – 15% of the people have frequent or severe insomnia, another set of populations states that they have mild or occasional insomnia. (Kales et al.,1974)

Because of its very high prevalence in general population, this condition (insomnia) is considered to be one of the most common encountered disorders in the medical practice. (Johns.,1972)

Mainly primary goal of the treatment is first to relieve the underlying disorder that causes the disturbance of sleep. As variety of factors influence this condition, multi-modal treatment like pharmacologic and non pharmacologic therapies are considered. According to National Institutes of Health in USA there were only two kinds of treatment cognitive behavioral therapy (CBT) and approved hypnotic drugs. It has long-lasting benefits and do not have adverse side effects comparing with treatment by drugs.

## **LITERATURE REVIEW**

By the criteria for an disorder of insomnia according to 3<sup>rd</sup> International Classification of Sleep Disorders (ICSD-3) AASM 2014 it includes the difficulties in initiating sleep, difficulty in maintaining of sleep,


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or waking up earlier and daytime impairment despite of adequate opportunity and sleeping circumstances.

Other than this similar kind of definition is proposed by 5<sup>th</sup> edition of Manual of Mental Disorders, it includes complaints of sleep dissatisfaction with its quality and quantity and also associated daytime impairment. When this disturbance and impairment occurs minimally three times per week and for at least three months chronic persistent insomnia can be diagnosed, if it is less than three months it is diagnosed as short-term insomnia or episodic insomnia disorder. Prevalence report of insomnia won't be same as always it varies considerably by the method which is used to assess this condition.

The recent study or survey which is done on ten-year trend of insomnia in the adults populations of Norwegian observed that cases of insomnia were about 11.9% in the first survey of the period 1999-2000 and it was 15.5% in the second survey occurred in the period of 2009-2010. These surveys were defined according to criteria DSM-IV and it was conducted by Pallesen et al.,2014.

By contrast for this, there were 39.4% for the prevalence for chronic insomnia surveyed on samples of about 5000 adults of Chinese all above the age of 18 years or more , mostly 55% are female having total score higher than 5 of Pittsburgh Sleep Quality Index PSQI. (Buysse et al.,1989).

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One of the most frequent symptom of insomnia is difficulty in the maintenance of sleep according to the survey by Seiner and Harvey 2012. (Furihata et al.,2012)

Also, it has been reported that women are more likely to experience the difficulty in sleep initiation and awakening during early morning.

Symptoms of insomnia have several consequences of persons general health, and also it has been associated with risk of mortality, physical and mental problems and sometimes medications of hypertension, dys-lipid aemia, increased migraine, impact on occupation, cognitive impairment, with acute myocardial infarction and failure of heart. (Laugsand.,2013)


<http://www.tandfonline.com/loi/nbrr>

### **AIM OF STUDY:**

To measure the insomnia condition of different people with simple and standard questions using the neighbors and relations of both the sex. To explain the insomnia problem of different people.

### **TASK OF THE STUDY:**

1. Collect information about different people's insomnia condition.

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2. Collecting answers for the questionnaire.
3. Analyzing the results of the questionnaire.
4. Calculating the standard deviation of the result.
5. Comparing the result with normal peoples.
6. Providing practical recommendation

### **OBJECT OF THE STUDY:**

Insomnia Sleep Questionnaire.

### **SUBJECT OF THE STUDY:**


30 Medical students from VSMU of both sex

### **RELEVANCE OF THE STUDY:**

Comprehensive assessment of insomnia.

### **PRACTICAL SIGNIFICANCE:**

Obtaining results and using the results as a self diagnosing tool to predict insomnia disorders.

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## **MATERIALS AND METHOD**

While performing the assessment, it will be more comfortable that asking questions to individuals about their typical sleep during weeks and we should say them to monitor themselves by using a diary up to two weeks. In most of the researches, and clinical findings performers use daily sleep diaries to evaluate insomnia.

By using the result of daily sleep diaries we have to make averaging daily score, sometimes we use only two or three nights and sometimes we use one or two weeks to make assumption. By the end while comparing the scores of daily sleep diaries and questions asked to individuals, it was decided that assumption using scores of daily sleep diaries are more accurate than by asking questions.

Sometimes there may be variability in parameters of sleep during night-to-night, even though the number of nights are unknown, and some research suggest that there were certain parameters of sleep like time we spent awake after sleep onset it needs three weeks to attain stability.

Therefore, we decided that this survey will help to assess that “asking questions or daily sleep diaries” will provide same score or results? and “which method among these two will be better?”.

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## **SUBJECTS**

On my investigation I used 30 participants or volunteer, some of them are my relations and some are my neighbor-hood including both sex ( male & female ) from the age group between 15 and 45. They were very helpful in several aspects of aging and sleep comprehensive studies. We had some criteria for selection they are (a) age factor ; (b) community resident ; (c) any prescription of medication ; (d) psychological status ; (e) physical status ; (f) no evidence for sleep disturbance and parasomnia.


## **PROCEDURE**

Some of the question related to the investigation were asked to the participants, and they all are enquired about their experience of sleep during their last some months. And they received the daily sleep diaries for a week and it was requested to take home and complete the daily routine marking. After this we moved to the second questionnaire session which is also a part of this investigation. Both the session question and diaries contains question related to interest of this present investigation.

## **QUESTIONNAIRES USED**

1. Total Sleep Time (TST)? mean the duration of sleep at night
2. Sleep Onset Latency (SOL)?



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3. Do you woke up after the onset of sleep?
4. Total time of wake? mean rest the time of sleeping
5. Did you find any difficulty falling asleep?
6. Waking up too early? Number of mornings per week ?
7. Any arousals during night?
8. Efficiency of sleep?
9. Regular time of going bed?
10. Regular time of waking up/Time out of bed?
11. Total time that you spent on bed?
12. About your current sleep problem how worried or stressed are you?
13. Are you satisfied with your current sleeping pattern?
14. Do you think how noticeable are you to others in terms of impaired quality of life?
15. Do you take anything (medication) to help you sleep?
16. Do you have any medical condition that disrupt your sleep?



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*Name of tables*

Age	No of people	Sex	Duration of sleep	Time of sleep	Percentage of problem facing
15-25	4	F	5 hrs	12am	10%
15-25	6	M	5 hrs	12am	20%
25-35	5	F	6 hrs	11pm	10%
25-35	6	M	7 hrs	11pm	20%
35-45	4	F	4 hrs	2am-4am	90%
35-45	5	M	3 hrs	2am-4am	90%

Total = 30people

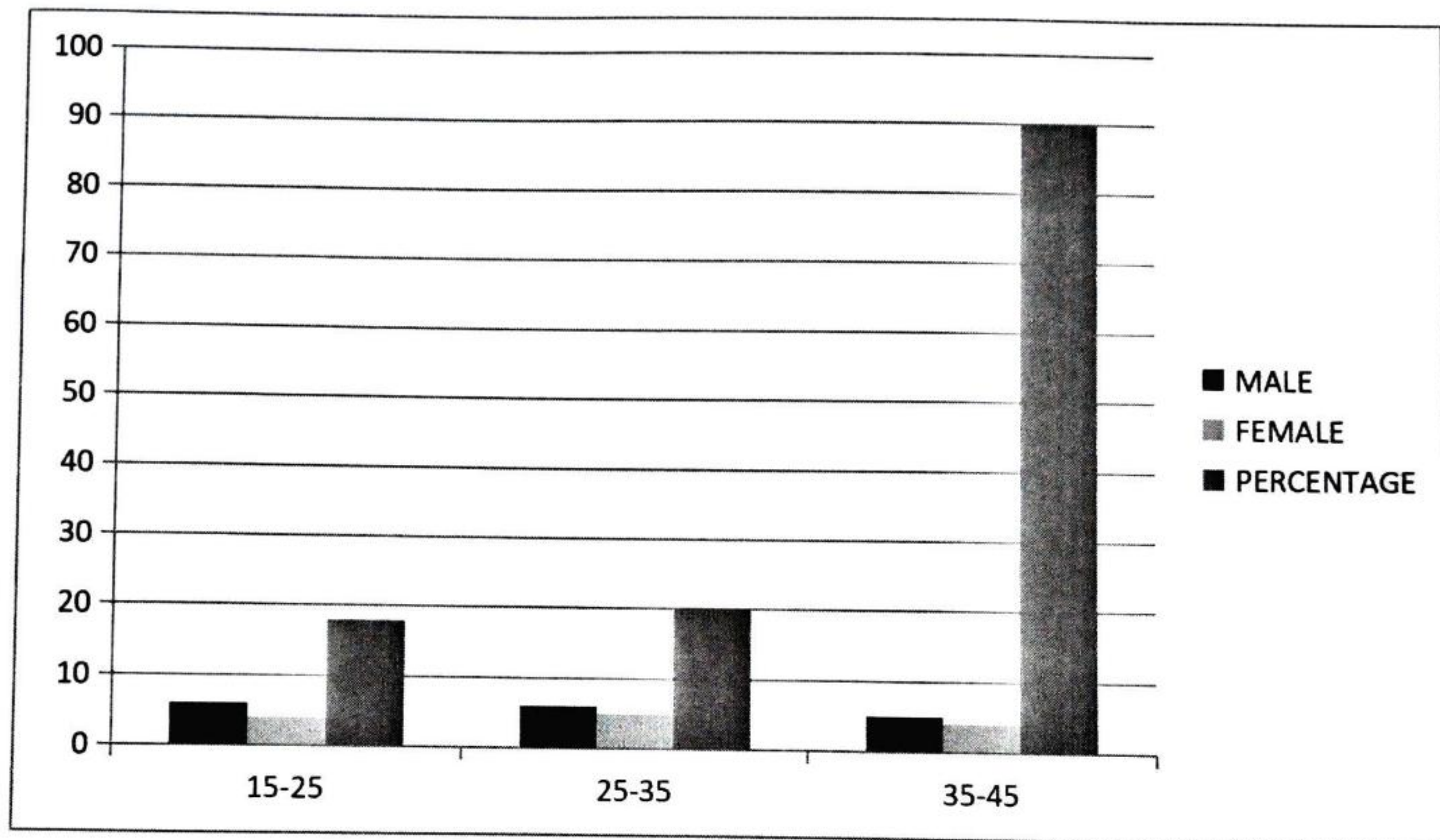


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## RESULT:




By the observation of results by examining the individuals we can assure that 80% of the problems are seen with the older ones. They are easily prone to any kind of severe insomniac conditions. Careful observations are made to these individuals so that we could prevent their development of symptoms. Very small number of populations from old and middle age are prone to insomniac condition that is because of some other diseases.

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We all know that sleep is one of the part of human life, and the most important sleep problem is insomnia it is more common among older adults, It may be acute or chronic. With the aging there increases the risk of sleep problem. Many aged individuals develop various health condition all of them are related in the disturbance of sleep. Therefore this study was made out to propose that insomnia should be deliberated for an important public health issue.

## **CONCLUSION**

Nearly two-third of our subjects have insomnia that is associated with multiplicity of controllable factors. Early detection and treatment several health condition such as stress, depression will help us to prevent insomnia, By the results of our study we could recommend educational program, sleep hygiene practice, behavioral and pharmacological intervention and healthy lifestyle.

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List references is incomplete.