	<p>Федеральное государственное бюджетное образовательное учреждение высшего образования «Волгоградский государственный медицинский университет» Министерства здравоохранения Российской Федерации</p> <p>Кафедра нормальной физиологии</p>	<p>Фонд оценочных средств ОТЧЕТ по производственной практике (научно-исследовательская работа)</p>	<p>- 1 -</p>
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## REPORT

### ON MANUFACTURING PRACTICES

#### (RESEARCH WORK)

#### Topic: SLEEP WAKE QUESTIONNAIRE

Performed by

Student: \_\_\_SOUHILA MOHAMED\_\_\_

Course \_\_3\_\_

Group \_\_37\_\_

Specialty: \_\_\_GENERAL MEDICINE\_\_\_

Checked by : \_\_\_RODION KUDRIN\_\_\_

4 (85 баллов)

Завершение в месяце.

Проф. Р.Кудрин

28.12.2019.



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## INTRODUCTION:

In normal life its really normal for people to fall sleep in the night and wake up in the morning fresh. But in this sleep wake disorder we can say that the person usually suffers from disturbance in his/her sleep which make him feel uncomfortable and we can notice sme changes in his /her mood, behaviour. People with sleep wake get sleep for 2-4 hrs usually or less than these. They usually suffer from both insomnia and drowsiness during the day

Sleep is a naturally recurring state of mind and body characterized by altered consciousness. It can be when the perso is having some kind of stress or can be distributed due to some health problems

So sleep wake questionnaires will help him and us to understand what his going through and what are the problems is these problems severe or mild.

Up to 60% of all college students suffer from a poor sleep quality, and 7.7% meet all criteria of an insomnia disorder. Sleep problems have a great impact on the students' daily life, for example, the grade point average. Due to irregular daytime routines, chronotype changes, side jobs and exam periods, they need specialized treatments for improving sleep. (Taylor Taylor DJ, Bramoweth AD, Grieser EA, Tatum JI, Roane BM)





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## LITERATURE REVIEW:

We can say that sleep and wakefulness are intimately related states with some mutual influences (**Ramos Platon 1996**) ?


Some of these 2-4 hours in which the person sleep wake schedules are usually associated with high level of fatigue' changes in the behaviour and mood and the students usually suffers from excessive daytime samnolense. (**Manber et al.1996**) ?

Some of them can have obstructive sleep apnea.sleep is not interrupted; indeed, the threshold for arousal by sensory stimuli and by stimulation of the reticular formation is elevated. Rapid, roving movements of the eyes occur during paradoxical sleep, and it is for this reason that it is also called REM sleep. Another characteristic of REM sleep is the occurrence of large phasic potentials that originate in the cholinergic neurons in the pons and pass rapidly to the lateral geniculate body and from there to the occipital cortex. They are called **pontogeniculo-occipital (PGO)**

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep, and reduced interactions with surroundings. It is distinguished from wakefulness by a decreased ability to react to stimuli, but more reactive than coma or disorders of consciousness, with sleep displaying very different and active brain patterns.

## MATERIALS AND METHODS:



	<p>Федеральное государственное бюджетное образовательное учреждение высшего образования «Волгоградский государственный медицинский университет» Министерства здравоохранения Российской Федерации</p> <p>Кафедра нормальной физиологии</p>	<p>Фонд оценочных средств ОТЧЕТ по производственной практике (научно- исследовательская работа)</p>	<p>- 4 -</p>
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We mostly use this sleep wake Questionnaire to find out the problems which students usually face. It could be due to some stress' or health problems some factors which affect it can be

- Not getting enough sleep
- Stress, worries
- Family problems or some relationship problems
- Getting drowsiness day time
- Not feeling like working
- Tiredness and anxiety
- Insomnia
- Depression

### **AIM OF STUDY**

The aim of these project is to ask sleep wake Questionnaire to the students and find out what are the reasons and the problems they are facing during the night. Which in some cases can cause insomnia and depression. To avoid it we can measure the severity of the person and find what are the causes of it.

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

- Collect information about sleep wake
- Collecting answers for the questionnaire.
- Analyzing the results of the questionnaire.
- Calculating the standard deviation of the result.
- Comparing the result with normal peoples.

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

Sleep wake Questionnaire

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



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In this we are going to take 8 students and ask them about the questions which we prepared and what are the problems they are facing during to which they are suffering from sleep wake disorder.

Eg. We can ask them

1. What time they usually go to sleep?
2. For they find uncomfot before sleeping like headache.
3. For how many hours they can sleep without any disturbance
4. Do they have any medical problems due to which they are struggling to fall asleep?
5. Is it because of some noise' or environmental or climatic conditions that make them some problems in falling asleep?
6. Do they feel weakness in the morning even after they sleep while night?

In this we ask them these questions and check what are the causes

1 = never, none, not at all, not applicable

2 = rarely (e.g., frequency of 1 to 2 times per year) OR slight intensity

3 = sometimes, occasionally (e.g., frequency up to 1 to 2 times per month) OR mild intensity

4 = usually, quite often (e.g., frequency up to 2 to 4 times per week) OR moderate intensity

5 = always or almost always (e.g., from 5 times per week up to virtually nightly) OR severe/ intense

## Sleep wake Questionnaire





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SLEEP WAKE QUESTIONNAIRE	Agreement scores							
	I	II	III	IV	V	VI	VII	VIII
1. How many times in the night you usually wake up	2	1	2	3	3	3	4	1

2. How many times in the week do you usually get this problem	2	2	4	4	3	4	1	5
3. Has it been unusually difficult for you to make up in the morning	2	4	1	1	2	3	2	1
4. Do you feel drowsiness in the day time	2	2	2	2	3	2	1	1
5. Do you wake up with morning headaches or do you feel you mood unusual	1	2	2	4	4	1	3	4
6. How often is daytime sleepiness a problem	2	2	2	1	2	1	3	1
7. What is the effect of sleep complain on your life	2	3	2	1	3	2	1	1
8. Do you feel sometimes unable to move in the night (paralyzed)	2	2	1	1	2	3	2	2
9. Do you experience pain or some other symptoms	1	1	2	1	2	1	1	1





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## RESULTS:

Standard deviation= 1.0

Mean : 2.3

Students : 8

The students usually suffer from sleep wake due to some stress or study load that make them stressed and cause insomnia. The solution to these factors are many only thing the person need to understand and talk to someone so that it can find the solution.

## SUMMARY

The correlation between sleep onset'sleep irregularity and sleep length .can be different. The factors which usually affect are social and academic demands' affect the sleep pattern of sleep cycle healthy collage students

Other factors can also be work or study schedules' sleep wake cycle regularity and influence sleep length.

In these one have to understand that we need to test but at certain period. The students should make a time table and follow ut so that they can get at least 8hrs of sleep. So that they won't get worries and in insomnia and depression they should consult a doctor so that it doesn't affect the health of a person.

In medical university the stress of study is usually more than any other so we need to understand and maintain and do better so that we can improve the quality of life so that even if we face problems we need to find it out.



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*Incomplete list*