



Федеральное государственное бюджетное  
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«Волгоградский государственный медицинский  
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Российской Федерации

Кафедра нормальной физиологии

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

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

**Topic:** \_\_\_\_\_ **Insomnia** \_\_\_\_\_  
\_\_\_\_\_ **sleep and health questionnaire** \_\_\_\_\_

**Perform**

**Student** shivam magare

**Grade** 3  
34

**Group**

**Specialty:** 31.05.01 General medicine

**Check:** \_\_\_\_\_

<sup>3</sup> (75 баллов)

Зачисление в листе.

Проф. Р.А. Мухомин  
14.07.2020

Volgograd, 2020



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## Introduction

Insomnia it is the condition pathological process that in which the patient has less sleep in a day during the life time of the person. this condition is due to the stress of the daytime of work, class ,studies , and daily usual works and it causes the sleep problems . The persons with this disorder can sleep well in this condition they use to take pills for the sleep it cannot be cured completely we should try to manage this condition .Diagnosis requires an interview and a polysomnographia. If sleep disorder is not identified and not treated properly it can cause the physiological condition changes, medical and psychological changes . It should be try to treated . we should try to manage this condition. 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. By using this two objectives we are going to make our work easier to find out the students sleep during daytime.

**References; Metabolic, endocrine, and immune consequences**



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## Literature review

Insomnia 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. Sleep disorder is the Insomnia is an increasing problem. I have been convinced that sleep disorders are perhaps the most overlooked, ignored, underrated cause of health and performance problems in the workplace. The persons with this disorder can sleep well in this condition they use to take pills for the sleep it cannot be cured completely we should try to manage this condition. This person mainly has major condition like fatigued or sleepy during the day Has observed you stop breathing Mental health issues like depression and anxiety

Medications for colds, allergies, depression, high blood pressure, and asthma during your sleep, Have high blood pressure. 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.

## References; Guidelines for the multiple sleep latency test

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## Materials and methods

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.

1. Sleep efficiency?
2. Time to bed?
3. Time out of bed?
4. Total time in bed?
5. How worried or distressed are you about current sleep problem?
6. To what extent your sleep problem interfere with your daily function?
7. How satisfied are you with your current sleep pattern?
8. Do you have trouble falling asleep or staying asleep at night?
9. Do you wake up regularly without feeling refreshed?

Causes of secondary insomnia include:

Mental health issues like depression and anxiety

Medications for colds, allergies, depression, high blood pressure, and asthma

The questionnaire was prepared to know about the information about sleep during the daytime in this questionnaire

This 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

**References;** psychosocial stress and impaired sleep



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## Results

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%
25-35	5	F	7 hrs	11:00pm	10%



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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%

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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## Summary

Thus, according to the information and data we collected from the students studying in colleges and schools. We found that the students who are studying in collages and staying away from home have suffered from fatigue much as compare with the other students who stays at their home and the school studying students, because of their studying timing, schedule of classes, less time for rest, less sleep. 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.





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## List of references

- Factors Associated with Insomnia among Elderly Patients
- Psychosocial stress and impaired sleep
- Work patterns fatigue-considered risk in junior doctors
- <https://www.webmd.com/sleep-disorders/insomnia-symptoms-and-cause>
- Metabolic, endocrine, and immune consequence