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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: Epworth Sleepiness Scale Questionnaire

Perform

Student : Tanmay Pravin Jadhav

Grade : 3rd

Group : 34

Specialty: General medicine

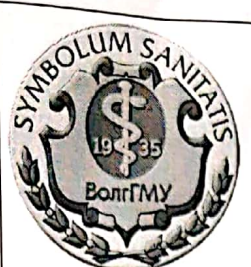
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Завершение в течение.

Проф. Р.А. Кудрин

20.01.2020

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Report content.

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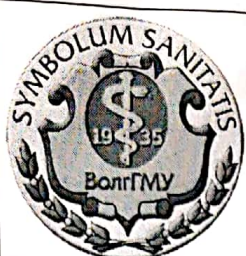
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Introduction

We all know how sleep affect our general life style. How sleeping is important factor of life. On that basis relation of sleep with health and well being has been studied from long time . and although there are number of questionnaires are developed to measure and examine sleep disturbance. As we know two commonly used multiple item scale i.e, Pittsburgh sleep quality index and Jenkins sleep questionner . Both scales are invented to study or examine the sleep related problem with people . And so far they have proven their value in medical world. [Kryger MH, Roth T, Dement WC. 2011]

Both scale are mostly used in epidemic studies . but even that there is bone more scale to examine sleep problem which is general health questionner . this is validated by many medical authorities and has significant impact on sleep and health measures. [Billiard M. 2003]

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Literature review

When we started to study about relation between sleep general and social well being ,,and depth examine of effect of sleep on general life style of student . we evaluate the measure impact of sleep on general behaviour of student as well as it causes the psychological effect on student's well being and social behavior .even though most of the relative studies about sleep and it's nature has promised that sleep proven schedules has shown importance in general growth of physical and mental development .[Saper CB, Cano G, Scammell 2005]

Some investigation has suggested that ;

- Students from there respective fields has been showed that continue sleeping nature and laziness or bad sleep quality .
- sleep loss is directly affects poor academic growth in students and showed less attention in classes and less performing behaviour .



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-it also showed worsening of academic condition than previous.[Fontanini A, Katz DB. 2008]

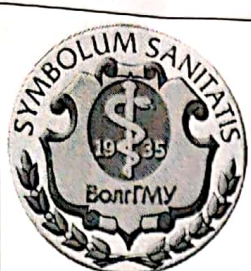
Materials and methods

AIM OF THE STUDY

We selecting peoples fromm the all course peoples who studing in our university about 8 peoples of both sex male and female.To measure the sleeping tendency of different people with simple and standard questions medical students of Volgograd State Medical University.To explain the correlation between their sleep cycle and daytime sleepiness and how one affects the other.

TASK OF THE STUDY:

1. Collect information about different people's sleep cycle.
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 ESS scores
6. Providing practical recommendation using Epworth Sleepiness Scale.

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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.



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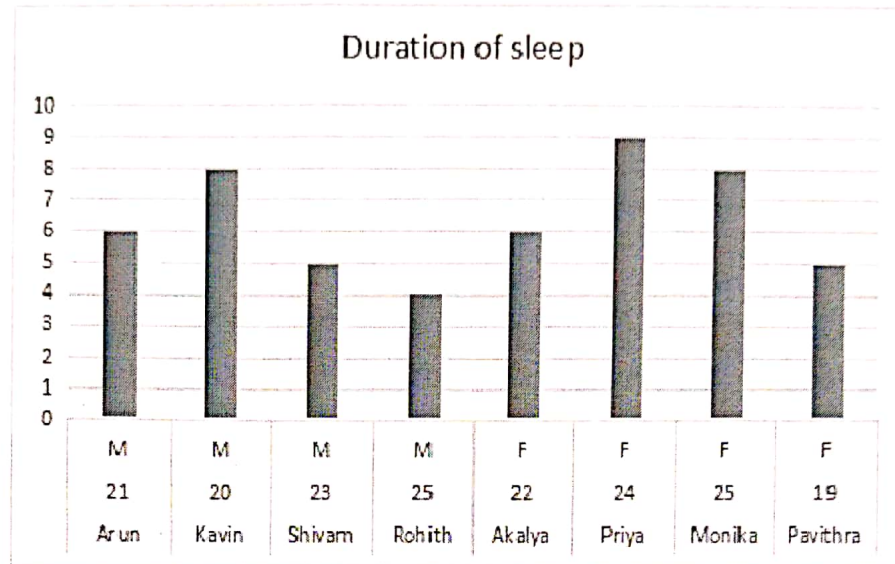
Name of student	Age	sex	Duration of sleep	Quality of sleep
Arun	21	M	6	Mild
Kavin	20	M	8	Normal
Shivam	23	M	7	Moderate
Rohith	25	M	4	Poor
Akalya	22	F	6	Mild
Priya	24	F	9	High
Monika	25	F	8	Normal
Pavithra	19	F	5	Poor

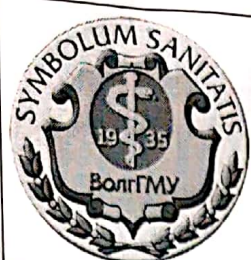


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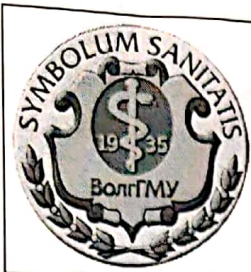
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INFORMATION:

- COUNT : 8
- SUM : 51
- MEAN ESS SCORE :6.375
- STANDARD DEVIATION: -2.15

RESULTS:

On the basis of this study with 8 Medical students, the data shows that 25% of them are in normal level of ESS scale, 25 % of them have mild level of day time sleepiness. 12.5% of them have moderate level of day time sleepiness and poor sleep level is 25%and remaining are more than normal is about 12.5%. The Mean ESS score of students are 9.6 With the standard deviation of 2,15.Comparison between duration of sleep and day time sleepiness reveals that less the duration of sleep more the day time sleepiness or increased ESS score.Comparison between genders showed no delinite difference in the score

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Summary.

At the period when we begin the study about sleep and its relationship with general well being various factor comes front upon us . that how important sleep is?

Sleep directly affects to the condition of mind and also plays major role in improvement in student's academic life .

As well as psychologically its give major impact in social well being and behaviour changes .even more some authors are able to manage actively manipulate sleep in neurocognitive and behaviour consequences. Sleep and sleep quality also can be assessed subjectively, by self-report of the individual patient or research subject.

There are most methodological limitations have been discussed yet there are some future research goals have been suggested.

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List of references;

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Absent in introduction ?