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

**Topic: Sleep disorders**

**Perform**

**Student: Pranav Deshmukh**

**Group: 34**

**Specialty: 31.05.01 General medicine**


**Check:** Rodion Kudrin

"4" (84 балла)

Зачисление в течение.


Проф. *Г.А. Музыкин*

20.01.2020

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## Report content.

- **Introduction**
- **Literature review**
- **Materials and methods**
- **Results**
- **Summary**
- **List of references**


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## Introduction

Sleep disorder is the condition of pathological process 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 The person was mainly having major condition for example fatigued or sleepy during the day Has observed you stop breathing during your sleep, Neck circumference greater than 40cm,sleep apneas , and has many stress during the life time it is the main condition for the sleep disorder . This condition is due to the some changes in the sleep cycle due to the daytime of work, class ,studies , and daily usual works,shieft works during the normal sleeping time . Diagnosis requires an interview and a polysomnographia. If sleep disorder is not identified and not treated properly it can cause the phsiological condition changes, medical and pschological changes . It should be try to treated . we should try to manage this condition

References from Functional outcomes of excessive\ daytime sleepiness in older adults.


( - - - - -  
Name , year )

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## Literature review

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 during your sleep, ,sleep apneas, and has many stress during the life time it is the main condition for the sleep disorder. This condition is due to the some changes in the sleep cycle due to the daytime of work, class, studies, and daily usual works, shift works during the normal sleeping time. The National Sleep Foundation has prepared excellent information about special gender aspects of women with sleeping problems

References from Sleep and sleep disorders in older adults. Neuropsychology

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## Materials and methods

Assessment of sleep is analyzed among age group 10—30, on this there are 10 male and 8 female.

- Study design and participants

The cross sectional study used nested data of samples from the research studies.

1. Firstly I asked Have you been previously diagnosed with sleep apnea or a sleep disorders and are you wearing a crap presently?
2. 2. Do you or have you been told that you snore or that you awake at night gasping for air
3. Do you know or have you been told that you move around or shake in your sleep?
4. Do you have trouble falling asleep or staying asleep at night?
5. Do you find yourself sleepy during the day or doing duty on normal daytime activities?
6. Do you wake up regularly without feeling refreshed?




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NAME	AGE	GENDER	DURATION OF SLEEP
Normal/Abnormal			
Varun Normal	10	Male	9
Kiran Normal	15	Male	8
Ashitha Close to Normal	15	Female	6
Chinchu Normal	21	Female	7
Reshma Close to normal	22	Female	6
Das Normal	16	Male	8

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Mala	18	Female	8
Normal			
Sachu	17	Male	7
Normal			
Rajeev	30	Male	7
Normal			
Akhil	19	Male	7
Normal			
Inna	15	Female	8
Normal			
Mariya	14	Female	9
Normal			
Ravi	11	Male	7
Normal			
Karuna	17	Female	8
Normal			



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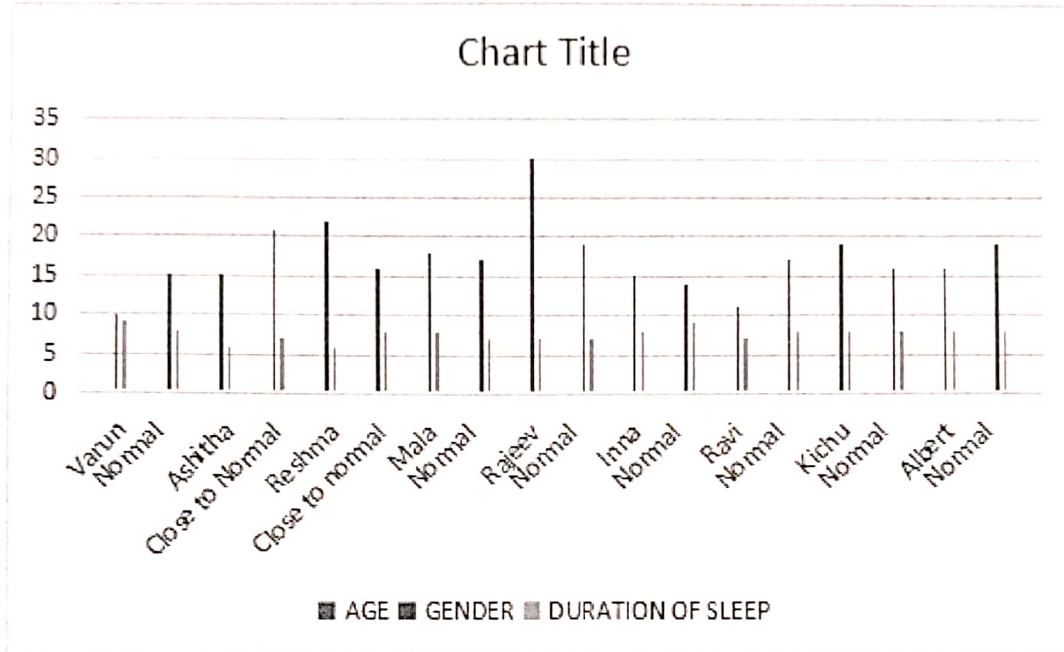
Kichu Normal	19	Male	8
Anandh Normal	16	Male	8
Albert Normal	16	Male	8
Nancy Normal	19	Female	8

## Results

The graph shows the duration of sleep is high in 16-18 age

groups and 10-12 age groups. The sleep clinic patients are not so high in my practical. A taxonomy is that describes the sleep in detection methods. So a is description of their underlying technologies which I analyzed in accordance with the literature. So I made comparison in terms of precision of existing validation studies and reports.






## Summary

Thus, I found the information and data I

collected from the students studying in colleges and schools. We found that the students who are studying in colleges and staying away from home have suffered from fatigue much as compared with the other students who stay at their home and the school studying students, because of their studying timing, schedule of classes, less time for rest, less sleep.

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*absent in the text of report.*