

# Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

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## BOOK OF ABSTRACTS



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**QUALITY OF SLEEP AND FACTORS CONTRIBUTING TO SLEEPING PATTERNS AMONG MEDICAL STUDENTS AT EASTERN UNIVERSITY, SRI LANKA**

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**Background:** A good quality sleep is essential for physical, cognitive and psychological wellbeing, learning, memory processing, cellular repair and brain development. Sleep deprivation is associated with increased daytime sleepiness, reduced neurocognitive performance and fatigue. Medical students' quality of sleep can be affected by several factors. Research on sleep disturbance in undergraduate medical students is of particular interest because of the known relationship between sleep and mental health and the concern that the academic demands of medical training can cause significant stress.

**Objective:** To determine the quality of sleep and the factors that contributes to it among medical students at Eastern University, Sri Lanka.

**Methods:** A cross sectional descriptive study was conducted during October 2016 to February 2017 (n=250) using the Self-administered questionnaires including socio demographic data and factors contribute to quality of sleep and Pittsburgh Sleep Quality Index (PSQI).

**Results:** More than one fourth 59(26.8%) reported poor quality sleep. The most significant self-reported cause for poor sleep experiences were exposure to psychological problems including stress (P=0.009), fear (P =0.005), excitement (P=0.042), anxiety (P =0.002), sadness (P =0.001), depression (P=0.006) and loneliness (P=0.001). Among Physical and environmental factors 'Lighting of room (P=0.009) significantly associated with poor sleep quality. In biological factors the presence of a chronic illness (P=0.016) significantly associated with poor sleep quality.

**Conclusions:** Poor quality of sleep is common among medical students, and is associated with several modifiable factors. The Poor quality of sleep may play an important role in academic performance of medical students.

**Keywords:** Sleep pattern, quality of sleep, medical students, Eastern University