Indian Journal of Basic and Applied Medical Research; March 2016: Vol.-5, Issue- 2, P. 16-28

**Original article**

**Study of sleep pattern and sleep problems of under graduate students from different professional courses**

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**Abstract**

 **Introduction:** Sleep pattern and problems affect learning, memory, repair, growth and immunity. Accordingly it affects the academic performance of the students. The pesent study was undertaken to compare the sleep pattern of students pursuing various professional courses.

 **Material and methods:**  A questionnaire based study of sleep habits and problems was carried out in 1056 undergraduates of Sri Aurobindo college of medical sciences and technology. The total sleep time (TST), sleep latency, wake up time after sleep offset and sleep problems were recorded. Sleep efficiency and sleep debt were calculated. Excessive daytime sleepiness (EDS) was measured by Epworth sleepiness scale.

 **Statistical analysis:**  Thedata was analyzed by using statistical software SPSS version 17.0. The probability value p<0.05 was considered as significant while p<0.01 and above were considered as highly significant.

 **Results** : The mean sleep time of students was 6.2-6.8 hours. Significant difference was observed between TST of males and females (p<0.001). Day napping was more common in MBBS, Nursing & physiotherapy students. Sleep debt was very common in all the groups with highest and equal percentage seen in M.B.B.S. and pharmacy students. EDS was present in 20.5% of students with highest proportion in Pharmacy students.

**Conclusion**: TST was less than the ideal sleep time in students of all the groups , The TST and sleep efficiency was less, sleep latency and EDS was more in Pharmacy students.

 **Key words-** Total sleep time, Sleep debt, excessive day time sleepiness