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Sleep quality and daytime sleepiness & Sleep Deprivation and Obstructive Sleep Apnea

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Background: Sleep deprivation and symptoms related to sleep disorders are often ignored by medical fraternity; particularly the medical students. Poor sleep quality and sleep problems can have important implications on the academic and work quality of medical students.

Objectives: 1.Describe the sleep quality of medical students in King Khalid University. 2 Measure the daytime sleepiness in medical students. 3. Determine the relation between sleep quality and various sleep characteristics.

Methods: A cross-sectional study was done on 318 medical students selected by convenience sampling during August -September 2015. A self-administered questionnaire to obtain information regarding socio-demographic variables, indicators of sleep quality and daytime sleepiness was developed using Pittsburg Sleep Quality Index, and the Epworth sleepiness scale. Data was analyzed by using statistical software SPSS version 17.0. Descriptive statistics was reported as means and frequencies. To determine correlation between sleep characteristics and sleep quality, Karl Pearson product-moment correlation coefficient was calculated. Results were considered statistically significant at $p \leq 0.05$.

Results: A total of 318 students formed our study group (206 males and 112 females).The mean age was 22 years. The mean PQSI score was 6.79 indicating poor sleep quality. Mean bedtime was almost an hour past midnight (12:47am), average sleep latency was approximately 24 minutes and average sleep time was 6 hours. Sleep quality was reported as very good by 109(34.3%) students and ≥85% sleep efficiency was observed in 67.3%.Sleep onset latency more than 30 minutes was reported by16% students. Average daytime sleepiness score was high (8.2), and extreme daytime sleepiness was reported by 159 (50%) students. Correlation between daytime sleepiness, hours of sleep and sleep efficiency with quality of sleep was found significant at the 0.01 level.

Biography

Abdulkareem F Alqahtani Results of this study provide an insight into the sleep pattern and sleep problems among medical students in King Khalid University, Saudi Arabia. Results reflected poor sleep quality scores coupled with good subjective sleep scores and high daytime sleepiness which indicates an existing sleep gap. The study highlights a pressing need for sensitizing medical students to proper sleep hygiene.

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Notes:

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