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Uppala Sireesha
Department of Mental Health
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Rajeswari H
Department of Mental Health
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Dr. Indira S
Department of Medical and
surgical Nursing, Narayana
College of Nursing, Nellore,
Andhra Pradesh, India

Anjani
Department of Mental Health
Nursing Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Kalavathi
Department of Mental Health
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Correspondence
Uppala Sireesha
Department of Mental Health
Nursing, Narayana College of
Nursing, Nellore, Andhra
Pradesh, India

Impact of sleep on psychosomatic disorders among patients

Uppala Sireesha, Rajeswari H, Dr. Indira S, Anjani and Kalavathi

Abstract

Background: Sleep is a behavioral state that is a natural part of every individual's life. Sleep deprivation has a wide range of negative effects. The effects include fatigue, lethargy, moodiness and irritability, reduced creativity and problem solving skills, concentration and memory problems, weight gain, impaired motor skills and increased risk of accidents, difficulty in decision making, increased risk of diabetes, heart disease, and other health problems.

Aim: To identify the impact of sleep on psychosomatic disorders among patients.

Material and method: Study conducted by using the descriptive design, using Nonprobability-convenience sampling

Statistical Analysis Used: The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

Results and Conclusion: The study reveals that 25(25%) have mild sleep problems, 71(71%) have moderate sleep problems, 4(4%) have severe sleep problems and 100(100%) have mild psychosomatic symptoms. Hence there is an impact of sleep on psychosomatic disorder among patients

Keywords: Sleep problems, psychosomatic disorders, patients

1. Introduction

Sleep is a behavioural state that is a natural part of every individual's life. Sleep is not just something to fill time when a person is inactive. Sleep is important for normal motor and cognitive function. It is a condition of body and mind which recurs for hours every night, in which nervous system is inactive the eyes closed, the postural muscles relaxed, and consciousness. Sleep Deprivation has a harmful effect on both the endocrine system and glucose modulation. Digestive problems have been linked to sleep disturbance. These include obesity, gastro esophageal disease, peptic ulcer, and irritable bowel syndrome.

Psychosomatic illness refers to physical dysfunction that is primarily caused by some form of emotional or mental stress mild depression. Emotional stress is assumed on aggregate existing psychosomatic disorders resulting from stress may include hypertension, respiratory ailments, gastro intestinal disturbances, migraine, and tension headache, pelvic pain, impotence, frigidity, dermatitis, and ulcers^[1].

A study was conducted on Sleep-related disorders among a healthy population in South India. Data was collected by administering a questionnaire including Epworth Sleepiness Scale, and Pittsburgh Sleep Quality Index to 1050 apparently healthy attendants/relatives of patients attending a tertiary healthcare institution. The mean age of the respondents was 35.1±8.7 years with even gender distribution hypertension 42.6%, in one-fourth, the body mass index was >25, average duration-of-actual-sleep was 7h with the majority (93.8%) reporting good-quality sleep. Insomnia, sleep-related breathing disorder, narcolepsy, and restless legs syndrome were reported by 18.6%, 18.4%, 1.04% and 2.9%, respectively. Obesity was not strongly associated with SRBD. 18% had difficulty in initiating sleep, 18% in maintaining sleep and 7.9% had early morning awakening.²

2. Objectives of the Study

- To identify the impact of sleep on psychosomatic disorders among patients.
- To associate the impact of sleep on psychosomatic disorders among patients with their selected socio demographic variables.

3. Detailed Research Plan

Research Approach: Quantitative Approach.

Research Design: Descriptive design

Research Setting: The study was conducted in Narayana Medical College Hospital at Nellore.

Sampling Technique: Non probability- convenience sampling

Sample Size: The sample size of the study was 100 patients

4. Results and Discussion

Table 1: Frequency and percentage distribution of sleep problems among patients. (N=100)

S. No	Sleep problems	Frequency (f)	Percentage (%)
1	Mild	25	25
2	Moderate	71	71
3	Severe	4	4

Table 1: shows that Frequency and percentage distribution of sleep problems among patients. 25(25%) have mild sleep problems, 71(71%) have moderate sleep problems and 4(4%) have severe sleep problems

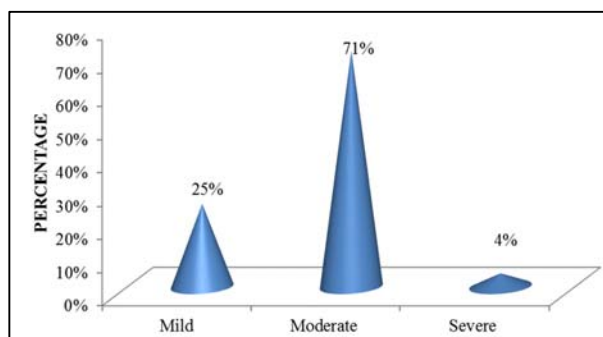


Fig 1: percentage distribution of sleep problems among patients.

Association between the sleep problems among patients with their selected socio demographic variables

There is a significant association between the variables like gender, occupation, duration of sleep.

5. Conclusion

The study has identified the sleep problems are leading to psychosomatic disorders among the patients.

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