

**“A study to assess the knowledge on sleep hygiene and sleep  
quality among first year nursing students at Smt.  
Nagarathamma School and College of  
Nursing in Bangalore”**

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## ABSTRACT

**Title:** “A study to assess the knowledge on sleep hygiene and sleep quality among first year nursing students at Smt. Nagarathamma School and College of nursing in Bangalore”

**Background:** Sleep is an important physiological process of human in which the body and the mind go to resting state and regain its energy to work again. An adult should take minimum 8 hours of sleep in a day. sleep deprivation that means < 6 hour of sleep can lead to poor brain function due to negative effects on nervous system. Fir year nursing student who are staying away from home or experiencing difficulties in adjusting in new environment, experiencing study pressure or any mal-practice that affects normal sleep pattern has high chance of suffering from impaired sleep quality, poor sleep hygiene, insomnia, daytime sleepiness, hypersomnia parasomnia, nightmare disorder or poor academic performance. Therefore, at present it is crucial to access that what sleep practices the students are following and their knowledge about the sleep hygiene and their current situation.

**Aims and objectives:** This study was conducted to assess the sleeping pattern, to assess the knowledge on sleep hygiene and assess the knowledge on sleep quality among 1st year nursing students.

**Method:** This is a descriptive study where closed ended demographic questionnaire were given to 60 first year student to assess their current situation and SHI questionnaire and self-administered knowledge questionnaire were used as a tool to access sleep hygiene and sleep quality respectively among those 60 first year nursing student by using purposive sampling technique. Data was collected by direct distribution of tools to each nursing student and data was analysed and results were interpreted by using descriptive and inferential statistics.

**Results:** In this study among 60 nursing 1st year student 55% are in age group of 18 to 20 years and 45% are >20 years and 35% are male and 65% are female. Most of the students (70%) are staying in rent and very less (1.66%) are staying in home

and 28.3% is staying in PG or hostel. Among them a huge number of students are living very far distance from the family (93.33%) and staying with fill friends (80%). With the help of SHI and self- administered knowledge questionnaire tool it is found that 27.4% students are suffering from insomnia, 10.5% is suffering from hypersomnia, 22.4% of student is suffering from nightmare disorder and sleep apnoea disorder, and 14% is suffering from parasomnia and RLS.

**Conclusion:** From the study following conclusion can be drawn-

- majority of students who are far from and staying with friends had insomnia and nightmare disorder due to environmental changes and study pressure.
- Most of the students are not maintaining good sleep habits and sleep hygiene.
- Further studies should be done on interventions to improve sleep among nursing student

**Keywords:** Sleep hygiene, Sleep quality, Nursing student

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