

Pattern of Sleep and Evaluation of Sleep Quality and Sleep-Disturbing Factors Among Adults in Saudi Arabia

Viqar Bashrat, MD* Sarah Ibrahim Summan** Hadeel O Mushait** Sharefah Ahmed Y Alabdullah** Bara'ah Mohammed Alyami** Noor Mohammed Alshareef** Muhanned M AlObaid** Lubna Mohammed Hafiz** Noura Abdulrahman Alamri** Malak Mohammed Alhajeri** Huda Mohammed Jawah** Oroub mohammed Amir Atif** Sara Khalid Habtar** Bushra Ali Alghorier** Ashwaq Abdu Majrashi **

ABSTRACT

Study Design: Cross sectional

Back ground: Sleep is an essential physiological human need that has healing, protecting, and energy-efficient actions to maintain good physical and mental health throughout one's life. Chronic insomnia and disturbance of the natural sleep-wake cycle from the typical 24-hour environmental cycle can lead to a number of long-term health problems. Sleep difficulties are regarded as one of the most distressing aspects of an intensive care stay. Sleep deprivation, insomnia, obstructive or central sleep apnea, parasomnias, restless leg syndrome, and circadian rhythm disturbances are the most prevalent sleep disorders encountered in critically ill patients.

Methods: In this cross - sectional study data was collected by the purposely constructed questionnaire. Questionnaire composed of the demographic items and items related to the sleep disorders and quality of sleep. Cronbach alpha of the questionnaire was calculated. Study was conducted in different regions of Saudi Arabia.

Results: Total 6100 respondents cronbach alpha was 0.84, 35% opted yes in response of the question, have you ever been labelled as Irritable Bowel Syndrome.

Conclusion: These comparisons show that Saudi residents in different subspecialties and levels have an overall shorter average sleep duration compared with residents in other countries.

Keywords: Sleep disorder, Evaluation, Sleep quality, Absenteeism

Bahrain Med Bull 2023; 45 (2): 1428 - 1431

* Assistant Professor of Gastroenterology
Department of Medicine
College of Medicine
King Khalid University
Saudi Arabia.
E-mail: Viqar_bashrat@hotmail.com

** Medical Student / Intern
College of Medicine
King Khalid University
Saudi Arabia.