

Assessment Of Sleep Quality And Associated Factors Among The Doctors Of Agartala Government Medical College-A Cross Sectional Study

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Abstract

Background: Adequate sleep is essential for doctors to maintain cognitive efficiency and patient safety. Occupational stress and prolonged working hours predispose healthcare professionals to sleep disturbances.
Objectives: To assess sleep quality and daytime sleepiness and determine associated factors among doctors of Agartala Government Medical College.

Methods: A cross-sectional study was conducted among 103 doctors using the Pittsburgh Sleep Quality Index (PSQI) and Epworth Sleepiness Scale (ESS). Data were analyzed using SPSS version 21.

Results: Poor sleep quality was found in 38.8% of doctors. Working more than 60 hours per week and temporary job status were significantly associated with poor sleep quality.

Conclusion: A substantial proportion of doctors experience impaired sleep quality, highlighting the need for institutional interventions aimed at workload reduction and job security.

Keyword: Poor sleep quality, Long working hours

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I. Introduction

Sleep is a dynamic, repetitive & readily reversible state of reduced responsiveness & interaction with, the environment that plays a significant role in various vital functions of the body. It's a crucial component of the circadian cycle, contributing to the restoration of physical & mental strength. Humans spend about one-third of their lives asleep. The quantity & quality of sleep are closely linked to human health. It's a universal need of all higher life forms including humans, absence of which has serious physiological consequences.

Long working hours, on-call duties, emergency duty stress & examination stress in doctors are the main factors associated with sleep problems & have led to decreased cognitive functions, daytime sleepiness, a decrease in efficiency & productivity at work with the poor quality of life & increased risk of causing medical errors & compromising patient health and safety. Owing to the importance of sleep quality among the doctors & its effects on patient care & safety & in view of the paucity of the local data available, the present study aims to assess the sleep quality & to determine factors associated with it among the doctors of Agartala Government Medical College.

II. Objectives

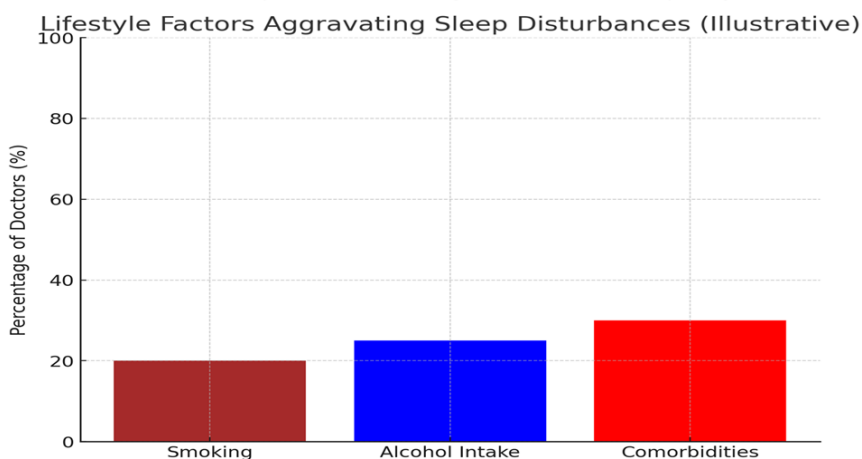
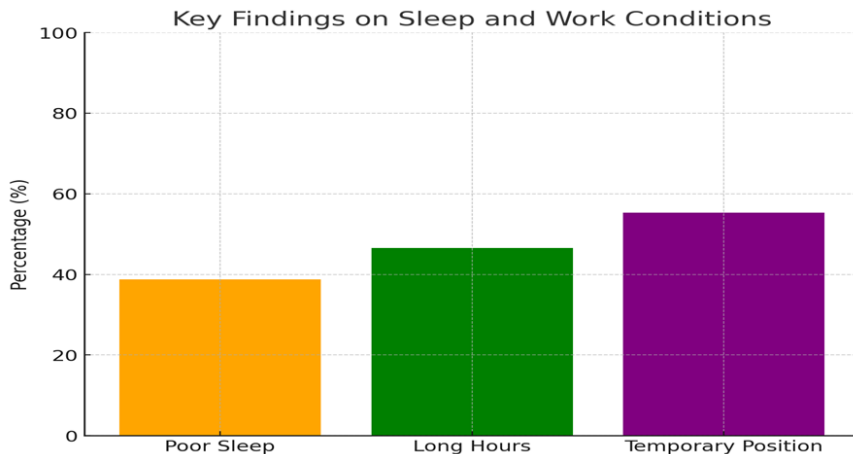
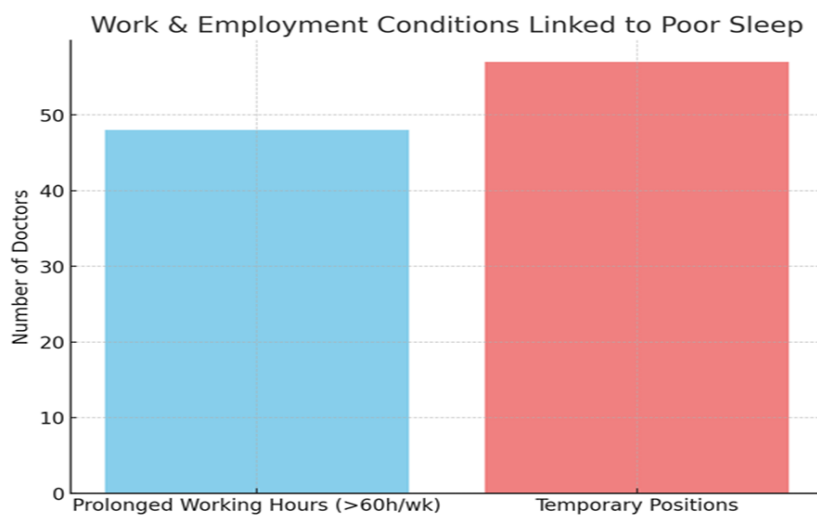
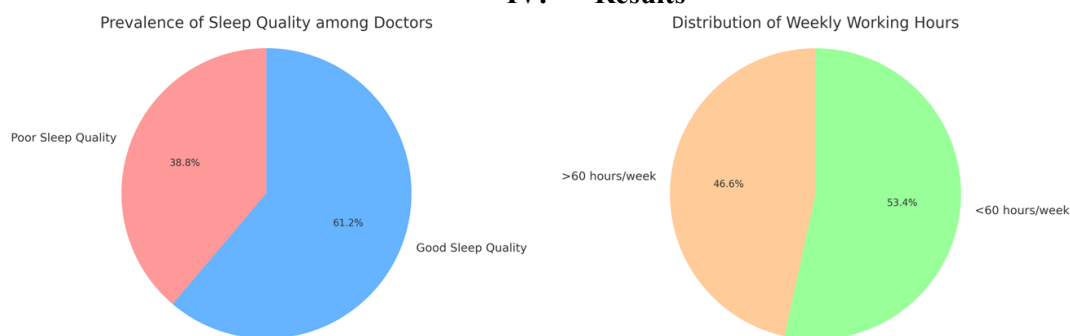
To assess the sleep quality and daytime sleepiness among the doctors of Agartala Government Medical College.

To determine the factors affecting sleep quality among the among doctors of Agartala Government Medical College.

III. Methods

An institutional based cross sectional study was carried out among 103 Doctors of Agartala Government Medical College available during the data collection for 6 months with their consent after the approval of Institutional Ethical Committee and those who were unable to communicate due to serious illness were excluded. A self administered or interview schedule was used to collect socio-demographic information. Additionally a Pittsburg sleep quality index and Epworth daytime sleepiness scale was administered to the study participants. Data analysis was done in SPSS version 21 and P value of <0.05 was considered statistically significant.

IV. Results



V. Discussion

An analytical cross-sectional study was undertaken among 518 healthcare professionals in Riyadh where work-related stressors accounted for 41.3%. Similarly, in the present study the overall prevalence of poor sleep quality was estimated at approximately 38.8%, with the predominant factor identified as prolonged working hours exceeding 60 hours per week. These findings highlight the considerable burden of occupational stress and extended duty hours on the sleep health of healthcare providers, underscoring the importance of institutional measures to optimize work schedules and mitigate stressors.

In a cross-sectional study, conducted among doctors of Sikkim Manipal Institute of Medical Sciences, the overall prevalence of poor sleep quality was 28.3%, with junior & senior residents being disproportionately affected; notably, 45% of junior residents reported poor sleep quality. Daytime sleepiness was also significantly more prevalent in this group, which corresponded with their longer mean duration of duty hours. Male participants demonstrated a higher propensity towards obesity & systemic HTN. Similarly in the present study, approx 38.8% reported poor sleep quality. Prolonged working hours (>60 hours per week) were observed in 46.6% of participants, while 55.3% were employed in temporary positions—both factors showing a strong association with reduced sleep quality.

VI. Conclusion

One in three Agartala Government Medical College doctors has poor sleep quality mainly due to >60 hours of working per week and due to job insecurity.

Lifestyle determinants such as smoking, alcohol consumption & the presence of comorbidities were found to contribute significantly to sleep disturbances.

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