

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
UNAM, PRESENT



THE NETWORK  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



# TUFH2020 MEXICO

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"PRIMARY HEALTH CARE: A PATH  
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SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

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## TUFH 2020 Abstracts

Title	<b>Sleep hygiene : A cross-sectional study on different years of medical students</b>
Type	Oral Presentation <i>Intersectoral Collaborations and the Social Determinants of Health</i>
Presenting Author	AKATYA VIDUSHI SINHA
Co-Authors	
Country	India
Abstract N°	TUFH458
Content	<p>INTRODUCTION : Sleep deprivation, a common problem among undergraduate students, leads to daytime sleepiness and poor academic performance. Poor sleep hygiene is linked with sleep problems, poor sleep quality &amp; excessive sleepiness. Hence the following study was conducted to assess the sleep hygiene among medical students. AIMS: To study sleep hygiene among MBBS students of different years of study and any association between socio-demographic and environmental factors affecting their sleep pattern and academic performances. METHODOLOGY: It is a cross sectional study. Pre-designed &amp; validated questionnaires consisting of Pittsburgh Sleep Quality Index (PSQI) were distributed amongst 98 medical students of different years of study. Google forms app was used for collecting the responses of study subjects and Data analysis was further done using IBM-SPSS 20. RESULTS: A total of 98 medical students were enrolled and the majority of 50.5% were from Final year and 33.9% were from 3rd year. 71.2% reported losing out on sleep time to perform better in exams and on average slept for &lt; 4hrs one night before their exam. 81.8% reported irregular sleep-wake schedules during the week. 70.6% reported a "poor" quality of sleep. 77.6% also reported the use of sleep time on surfing through social media. CONCLUSION: 61.9% of students who scored less than 60% showed decreased sleep quality since last academic year compared to students who scored in the range of 60%-80%.</p>