

STUDYING THE SLEEP HYGIENE OF STUDENTS LIVING IN
DORMITORIES OF THE MEDICAL ACADEMY

Niyazova O. A.
Bositkhonova R. Sh.
Tashkent Medical Academy, Uzbekistan

ABSTRACT	KEYWORDS
The paper presents the results of a study of sleep hygiene of 120 students receiving higher education and living in dormitories of educational institutions, based on a questionnaire survey. The average age of girls was 19.2 years, boys-19.3 years. We evaluated the duration of nighttime sleep, the presence of daytime sleep, the duration of computer work and mental loads before going to bed, the time of falling asleep and waking up, the time to leave the dorm and the opportunity to have breakfast, the effect of morning exercise and sleep on students ' well-being, etc. Similarities and differences in sleep hygiene in boys and girls are established. It was found that students living in dormitories have a number of serious sleep problems due to insufficient sleep hygiene.	Sleep, sleep duration, students, dorm students ' sleep, sleep hygiene.

Introduction

Students of higher educational institutions are a special social stratum of the population. High intellectual loads, sudden changes in their habitual lifestyle, the formation of interpersonal relationships outside the family, the need to adapt to new working, living and eating conditions allow them to be classified as a significant risk group for developing diseases [5-11]. According to various studies, university students showed significantly poorer sleep quality compared to the general population of people of the same age [1, 3]. Students are faced with a new experience of living in a hostel, a new sleep and wake regime, freedom from parental care, and therefore they have a new daily routine that includes not only preparing for academic classes, but also attending extracurricular student events, night clubs, and part-time work on the night shift. All of this can lead to significant reduction or deprivation sleep disorders and their destructive impact on students ' bodies: reducing the quality of university education, the occurrence of a number of serious somatic diseases [2]. Students need a sufficient amount and quality of sleep due to biological maturation and high educational and psycho-emotional loads. It is known that without good sleep, there can be no good wakefulness [1, 4].

Objective:

Comprehensive assessment of sleep hygiene and identification of features of sleep disorders in students of higher educational institutions living in dormitories.

Materials and methods of research

To achieve this goal, a set of modern methods was used and applied: directional selection, sampling method, typological sampling, survey (questionnaire), mathematical-statistical and analytical methods. The object of the study was a sample of 120 students living in dormitories in the city of Tashkent and studying at the Tashkent Medical Academy (TMA). Among the respondents surveyed, there were 60 girls aged 18 to 20 years and 60 boys aged 18 to 20 years. The questionnaires consisted of 30 questions.

Results and Discussion

The average age of girls was 19.2 years, the average age of boys was 19.3 years. According to the results of the survey, it was revealed that among boys and girls, 30% of students are 1st — year students, 70% are 2nd-year students.

26.6% of students are satisfied with the living conditions of girls in the TMA dormitories, 50% of girls answered unsatisfactory conditions, 23.4% of TMA found it difficult to answer. 60% of students are satisfied with the living conditions of young men in TMA dormitories, 25% of young men are not satisfied with the conditions, and 15% of TMA young men found it difficult to answer.

Physiological norms for the duration of a night's sleep change with age, but for students, experts recommend from 7.5 to 8 hours a day. Analysis of the questionnaire materials showed approximately the same pattern in the duration of night sleep among boys and girls living in dormitories. So, the weighted average indicator of sleep duration in girls was 6 hours 29 minutes, in boys-6 hours 59 minutes, and the proportion of students with a sleep duration of 5 to 8 hours reached 81% among girls and 83% among boys.

In order to sleep well, you need to follow the regime-go to bed and get up at the same time. It is best to go to bed before midnight-at 22-23 hours with the optimal time of morning awakening 6-7 hours.

TMA girls were found to have a bedtime before 22: 00-10%; in the interval of 22-23.00 – 33,3%; 23-00.00 – 30 %; 00-01.00 -10 %, later than 1 am – 23.3% of students. In TMA boys, it was found that they go to bed before 22:00 – 10%; in the interval 22-23.00 -33,3%; 23-00.00 – 30 %; 00-01.00 -10%, later than 1 am – 23.3%.

Difficulty falling asleep is a fairly common problem, especially among girls. Girls usually need time to fall asleep before 15 minutes-23.3%; in the interval of 15-30 minutes-16.6%; 30-45 minutes – 6.6%; 45-60 minutes-10%; more than 1h-30%. Among the reasons for falling asleep late and long were identified the following: stress and anxiety, emotional stress, use of gadgets, excessive caffeine consumption, noise, lights on, social aspects (roommates do not sleep). Young men were found to fall asleep before 15 minutes-23.3%; in the interval of 15-30 minutes-16.6%; 30-45 minutes-33.3%; 45-60 minutes-30%; more than 1h-20%.

The analysis of the time of students ' morning awakening depending on the exit from dormitories to classes was carried out. The data obtained showed that 18% of young men wake up more than 1 hour before leaving their dorms, 48% wake up less than 30 minutes before leaving, and 34% wake up 30-60 minutes before leaving. Among girls, 50% of female students wake up more than 1 hour before going out, 8% - less than 30 minutes before going out, and 42% - 30-60 minutes before going out. From the above data, it follows that young men most often wake up in the morning as close as possible to the time of leaving the dormitories, and girls, on the contrary, get up earlier. At the same time, 19% of young men manage to have breakfast, put themselves in order and get ready, while 81% do not have

time. Other results were obtained in girls. So, more than half (60%) of girls in the morning have time to have breakfast, put themselves in order and get ready for university. Therefore, it can be reliably stated that girls get up earlier and have time to get ready for classes, doing everything without fuss.

It should be noted that many students do not follow the regime of going to bed and getting up at the same time. It is observed by only 42% of young men, and 58% - can not go to bed and get up at the same time. Among girls, 53% of female students follow the regime, while 47% do not.

As a result of the analysis and research of students living in the TMA dormitory, 35% of girls and 43% of boys have daytime sleep (Fig. 1).

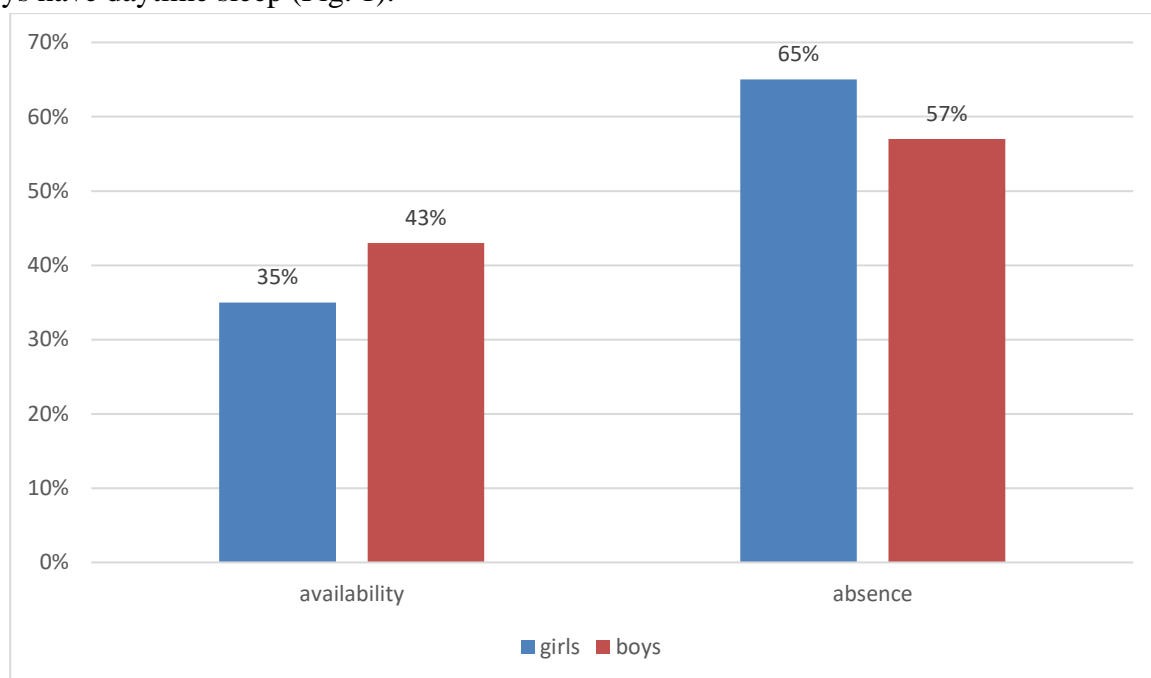


Figure 1. The presence of daytime sleep among students living in a dormitory

It is recommended to stop strenuous mental work more than an hour before rest. We analyzed the students' time spent in front of a computer, cell phone, and the time of finishing mental work before going to bed. In general, 59% of young men finish mental work 30-60 minutes before bedtime, and 41% - for 1 hour or more. Among girls, 62% complete mental work in 30-60 minutes and another 38% - in 1 hour or more. Consequently, the time of finishing mental work before going to bed in boys and girls is almost the same. At the same time, there is a clear correlation between the students' time spent in front of a computer, TV, or cell phone and the end of their mental work. So, the more time students spend in front of various electronic devices, the less they take a break from mental work before going to bed, and mental work performed immediately before going to bed makes it difficult to fall asleep, leads to situational dreams, lethargy and poor health after waking up.

The study examined the problems of sleep disorders. It was found that 4% of young men often suffer from insomnia, 23% - rarely, and the remaining 73% do not suffer from insomnia at all. Among girls, 18% often suffer from insomnia, 24% rarely, and 58% do not suffer from insomnia. Thus, girls (42%) are more likely to suffer from insomnia than boys (27%).

Fresh air promotes fast falling asleep, good sleep and a pleasant awakening. Only 38% of girls and 44% of boys follow the hygiene guidelines and ventilate the room before going to bed. Thus, young men ventilate the room more often than girls.

Morning exercise plays an important role for a person's health and well-being. It was found that among young men, 8% of students do morning exercises for 10 minutes, 18% - for 1-5 minutes, and 74% do not exercise. Of the girls, only 2% of female students do morning exercises for 10 minutes, 20% of female students do morning exercises for 1-5 minutes, and 78% do not exercise. These data indicate that boys exercise more often than girls.

Conclusion

Sleep disorders were detected in many students. Students need to follow hygiene rules so that their sleep becomes more productive, i.e. restores strength, promotes rest and active work. Full sleep as an integral part of a healthy lifestyle is a universal, widely accessible, cost-free way to optimize the physiological systems of the body, maintain the health and academic performance of young people studying at a high level.

References

1. Голенков А.В., Иванова И.Л., Куклина К.В. и др. Эпидемиология расстройства сна у студентов-медиков // Вестник чувашского университета. 2010. № 3. С. 98—102.
2. Кантимирова Е.А., Маховская Т.С., Галась А.Ю. и др. Эффективность сна как маркер здоровья студентов младших и старших курсов медицинского университета // Современные проблемы науки и образования. Электронный научный журнал. Раздел: медицинские науки. 2015. № 4. С. 1—5.
3. Piven E.A., Breusov D.A. Характеристика гигиены сна студентов, проживающих в общежитиях// RUDN Journal of Medicine, 2017, 21 (1), 127—136
4. Sedokova M.L., Telkova A.D. Conduct of life and efficiency of students of freshman class1 of university. Science and World. Volgograd. Scientific review. 2013. № 3 (3). P. 237—241.
5. Axmadaliyeva, N., Imamova, A., Nigmatullayeva, D., Jalolov, N., & Niyazova, O. (2022). Maktabgacha yoshdagi bolalarda sog 'lom turmush tarzini shakllantirishning dasturiy platformasi.
6. Саломова, Ф. И., Ахмадалиева, Н. О., Ниязова, О. А., & Хайруллаева, Л. Г. (2022). Изучение и гигиеническая оценка питания студентов Высших учебных заведений (узбекистан, германия).
7. Ниязова, О. А., Ахмадалиева, Н. О., Валиулин, Р. И., & Болтаев, М. М. (2022). *Comperative assessment of nutrition of university students of medical and non-medical profile* (Doctoral dissertation, European multidisciplinary journal of modern science).
8. Ниязова, О. А., & Валиулин, Р. И. (2022). *Изучение и гигиеническая оценка фактического питания студентов* (Doctoral dissertation, Молодежный инновационный вестник. Научно-практический журнал Том 11).
9. Ниязова, О., & Валиулин, Р. (2022). Study and hygienic assessment of the actual nutrition of students. Научная весна 2022, межвузовская научно-практическая конференция сборник научных работ, Самара-Саратов-Москва-Санкт-Петербург 2022, 260б.
10. Ниязова, О. А., Мирсагатова, М. Р., & Абдусатторов, С. Ш. (2023). Изучение фактического питания студентов медицинских, технических институтов. International Multidisciplinary Conference.
11. Саломова, Ф. И., Ахмадалиева, Н. О., Имамова, А. О., & Ниязова, О. А. (2022). *Формирование принципов здорового образа жизни у дошкольников* (Doctoral dissertation, O 'zbekiston Respublikasi Sog 'liqni Saqlash vazirligi, Toshkent tibbiyot akademiyasi, Koryo universiteti "Atrof muhit muhofazasining dolzarb muammolari va inson salomatligi" xalqaro ishtirok bilan Respublika 9-ilmiy-amaliy anjumani materiallari to 'plami 153 bet).