

Evaluation of Disturbed Sleep Among Females Aged 18 To 25 Years: A Study from Tamilnadu India

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Abstract: Health issues have long been linked to sleep deprivation. Anxiety and depression have historically been linked to sleep problems, especially early morning awakenings and difficulty falling asleep. Inadequate sleep has been linked to performance issues, daytime drowsiness, and difficulty concentrating. The study's female participants were between the ages of 18 and 25. The Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, served as the study site. Verbal consent was acquired when the study's purpose was explained. There were thirty respondents to this survey. The survey consists of thirty questions. Questions concerning lifestyle, hormone imbalance, sleep, dreams, mental health, and gadget use were included in the questionnaire. According to the findings and discussion of this study, the majority of women experience sleep disturbances, hallucinations, boredom, fear, exhaustion, sadness, annoyance at work, in addition to a lack of enthusiasm and lethargy at work. Women should be aware of the significance of sleep and mental health.

Keywords: Sleep Disorder, Disturbed Sleep, Insomnia, Psychiatric Disorders, Parasomnia, Hypersomnia.

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I. INTRODUCTION

Maintaining both physical and mental well-being requires getting enough good quality sleep. Sleeping too little or with poor quality is known as insomnia. Individuals who have any of the following symptoms for an extended length of time: trouble falling asleep, frequent nighttime awakenings, difficulty falling back asleep, or premature awakenings are considered to have chronic insomnia.

Insomniacs are more likely to have accidents, mental health issues, use medical services more frequently, and have a lower quality of life. Health issues have long been linked to sleep deprivation. Anxiety and depression have historically been linked to sleep problems, especially early

morning awakenings and difficulty falling asleep. The effects of insufficient sleep have been linked to poor performance, daily drowsiness, and difficulty concentrating. If a person appears to have a sleep-disturbed breathing issue, they should be evaluated for depression, obesity, diabetes, and cardiovascular issues in addition to their excessive daytime sleepiness.

II. PATHOPHYSIOLOGY

One or more symptoms, such as weariness, daytime sleepiness, poor focus, increased accidents, anger, decreased motivation, or energy must also be present in order for insomnia to be diagnosed. Various sleep problems have a variety of causes. Breathing control issues as well as

problems with the upper airway and chest wall mechanics can lead to sleep-disordered breathing, which can impair ventilatory and resistive loads. Hypersomnolence central disorders: Intrinsic abnormalities in the central nervous system's regulation of sleep-wake are frequently the cause of hypersomnolence. The underlying causes of circadian rhythm sleep-wake disorders can be categorized into two main groups: those that arise when the circadian timing system is altered in relation to the external environment, and those that occur when the environment is not well aligned with the internal circadian timing. Parasomnias: Environmental, genetic, and gene-environmental interactions are among the causes of parasomnias, and each of these factors may be important in the development of parasomnias. The following are the main categories into which insomnia falls: parasomnias that are not related to rapid eye movement, parasomnias that are associated with rapid eye movement, and other parasomnias. Confusional arousal, sleepwalking, sleep terrors, and an eating issue connected to sleep are all examples of non-rapid eye movement-associated insomnia. Nightmare disorder and rapid eye movement sleep behavior disorder are parasomnias associated with fast eye movement. Sleep-Related Movement Disorders: Sleep problems are frequently linked to abnormal movements during sleep, which are disorders of motor control excitation or disinhibition. They often have trouble staying awake throughout long waking hours, and often sleep inadvertently or at unsuitable times that disrupt their daily schedule. Unusual Behaviors Associated with Sleep: Certain behaviors before, during, or after sleep can offer crucial hints about sleep disorders such as parasomnia, eating disorders, or movement disorders. Hypersomnolence condition frequently manifests as confusional arousal or sleep drunkenness during arousal or awakening from sleep. People who have rapid eye movement sleep behavior disorder may kick, punch, flail their arms, or jump out of bed in reaction to violent dreams. If he wakes up during the experience, he will remember the

dream. Other illnesses including Parkinson's disease, Lewy body dementia, or multiple system atrophy may be linked to this problem. Other indications of lack of sleep are night terrors, sleepwalking, and talking during sleep. Sleep deprivation, physical or emotional stress, traumatic experiences, and substance or pharmaceutical use and misuse are prevalent factors that aggravate the symptoms of sleep disorders.

III. MATERIALS AND METHOD

The study was conducted at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India. The study's female participants ranged in age from 18 to 25. Following an explanation of the study's objectives, vocal agreement was achieved. A total of thirty people responded to this survey. There are thirty questions in all. Questions concerning lifestyle, hormone imbalance, sleep, dreams, mental health, and gadget use were included in the questionnaire. The study did not include female volunteers who were prohibited or refused to participate.

IV. RESULTS

The age range of the responders was 18 to 25. There were thirty women. As shown in Table 1.1, having a hard time falling asleep 66.66% and 33.33% do not exhibit this symptom. 33.33% do not get tired during the day, whereas 66.66% get tired. Having urinary issues 96.66% and 3.33% do not have any urinary issues. I frequently forget things 33.33% and 66.66% of people don't frequently forget stuff. 40% of people have regularly disrupted sleep, while 60% do not. Fear brought on by recurrent illness bouts 73.33% and 26.66%, do not experience panic as a result of recurrent illness occurrences. Overweight 86.66% of people are obese, while 13.33% are not.

Table 1 Shows, Evaluation of Disturbed Sleep Among Females Aged 18-25 Years

S.NO	CONTENT	YES (%)	NO (%)
1	Have trouble falling asleep.	33.33%	66.66%
2	Feeling tired during the day.	66.66%	33.33%
3	Have urinary problem.	3.33%	96.66%
4	Often forget things.	66.66%	33.33%
5	Frequently interrupted sleep.	40%	60%
6	Fear due to repeated episodes of diseases.	26.66%	73.33%
7	Are you obese.	13.33%	86.66%
8	Have the symptom of hot flash.	16.66%	83.33%
9	Have indigestion problem.	33.33%	66.66%
10	Have poor appetite	3.33%	96.66%
11	Have a pale or coated tongue .	3.33%	96.66%
12	Have bowel irritability	16.66%	83.33%
13	Have medications before sleep	6.66%	93.33%
14	Have you experience nightmares	46.66%	53.33%
15	Have comfortable sleep	56.66%	43.33%
16	Exercise daily	43.33%	56.66%
17	Consume alcohol	Nil	100%
18	Consume coffee or tea	66.66%	33.33%
19	Have the habit of using electronic devices before bedtime	50%	50%

20	Have excessive sweating during sleep.	13.33%	86.66%
21	Have heavy meals close to bedtime.	16.66%	83.33%
22	Prefer sleeping on your back	36.66%	63.33%
23	Have the symptom of snore	6.66%	93.33%
24	Experience sleep paralysis	26.66%	73.33%
25	Have sleep apnea	6.66%	93.33%
26	Sleep 8 hours a day	26.66%	73.33%
27	Have a early bedtime	33.33%	66.66%
28	Are you wake up early	96.66%	3.33%
29	Feel lazy when waking up	76.66%	23.33%
30	Sleep more than 8 hours a day	16.66%	83.33%

Experience the hot flash symptoms 16.66% and 83.33% these symptoms are absent. Having trouble with indigestion 33.33% and 66.66%, indigestion is not an issue. Lack appetite 96.66% and 3.33% do not experience appetite loss. Possess a coated or pale tongue 96.66% and 3.33% do not have coated or pale tongues. Possess intestinal irritation 16.66% and 83.33%; bowel irritation is absent. Take medicine before bed 93.33% and 6.66% do not take any drugs before bed. Getting nightmares 46.66% and 53.33% these symptoms are absent. Enjoy a cozy night's sleep 43.33% and 56.66% do not sleep comfortably. 43.33% of people exercise every day, while 56.66% do not. Nobody drinks alcohol at 100%. Drink tea or coffee 33.33% and 66.66%, respectively, do not drink tea or coffee. Absolutely 50% has the practice of utilizing electronics right before bed. Excessive perspiration when sleeping is experienced by 13.33% of people, while 86.66% do not. Eat substantial meals right before bed 83.33% and 16.66% avoid eating large meals right before bed. Sleeping on their back is preferred 63.33% and 36.66%, respectively, do not like sleeping on their back. 93.33% of people do not have the snoring symptoms, while 6.66% have the snoring symptoms. Feel paralyzed when slept 73.33% and 26.66% do not suffer from sleep paralysis. 6.66% of people have sleep apnea, while 93.33% do not. Sleep 8 hours a day 26.66% and 73.33% do not. Set a bedtime early 66.66% and 33.33% of people do not have an early bedtime 96.66% woke up early, whereas 3.33% did not. Feeling lethargic upon awakening when they wake up, 23.33% and 76.66% do not feel lethargic. More than eight hours of sleep per day 83.33% and 16.66% of people do not get more than 8 hours of sleep per day.

V. DISCUSSION

33.33% of women have difficulty falling asleep. The majority of women, 66.66%, report feeling exhausted during the day and frequently forgetting things. 66.66%. Fewer women suffer urine problems 3.33%, more women experience regular sleep disruptions 40%, and dread from recurrent illness episodes 26.66%. Just 13.33% of people are obese, and 16.66% of people get hot flashes. More people suffer from bowel irritation; 16.66%, and indigestion 33.33%. Possess a coated or pale tongue 3.33%, 6.66% take medicine before bed. The majority of women sleep comfortably, 56.66%, and have nightmares, 46.66%. Exercise 43.33% of the time, and nobody drinks alcohol 100% of the time. 60% of women regularly drink tea or coffee. Absolutely 50% no one has the practice of utilizing

electronics right before bed. Only 13.33% of women sweat excessively as they sleep, and 16.66% consume large meals right before bed. 26.66% of people have sleep paralysis 6.66% of people have sleep apnea. Few people have an early bedtime 33.33% and sleep 8 hours a day 26.66%. 16.66% of people sleep more than eight hours a day. The majority of women, 76.66%, feel lethargic when they wake up, and 96.66% wake up early.

VI. CONCLUSION

According to the findings and discussion of this study, the majority of women experience sleep disturbances, hallucinations, boredom, fear, exhaustion, sadness, and annoyance at work, in addition to a lack of enthusiasm and lethargy at work. Their daily activities are insufficient. As a result, women require greater sleep awareness. Women must realize how important sleep and mental health are. To enhance women's overall health and wellness, future treatments should focus on these areas.

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