Factor associated with snoring and sleep disturbance among students of Majmaah University

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Abstract

Background: Sleep apnea is the medical condition related to sleep of the individual. It is considered as one of the serious disorder where the person's breathing is interrupted during sleep. According to numerous studies it is seen that prevalence of sleep apnea is more among medical students as compared to other students. This study has aimed to know about factors of sleep apnea on the basis of the occurrence of snoring and sleep disturbance among the medical student of various colleges under Majmaah University.

Material and method: It is a cross-sectional study conducted among 298 students aged 18-25 years studying in various colleges under Majmaah University. The sample was randomly selected using Simple random sampling method. Data collection was done using questionnaire based on Epworth-sleepiness scale and analyzed using SPSS version 18. Both descriptive and inferential statistics were used to obtain the required results.

Results: In this study the mean age of the students was 21.9, while the mean height and weight of the student were 165.25 cm and

64.74 kg, respectively. The prevalence of snoring among the respondents was 14%. There is significant association between the sex of the respondent and forgetfulness in the daytime (P=0.027) reportedly more in female compared to male. Disorientation of time, place and time person (p=0.028) was statistically significant with the age group. Almost half (43.3%) of the 18-20 reported feeling disoriented, while only 4.3% of age 23 and more reported disorientation. Similarly, a significant association was seen between the respondent's frustration during routine activities and their age group (p=0.008), where 70% of the students of age group 18-20 reported feeling frustrated during routine activities.

Conclusion: This study concludes that there is prevalence of sleep apnea among the medical student where snoring is one of the major

issue in which due to the sleep disorder individual are usually frustrated and disoriented. Maintaining healthy lifestyle could be the solution but if condition worsens seeking medical help is must.

Image

Table III: Association of factors with sex.

Factors	Sex		Total	Chi-Square	P-value
	Male	Female			
Forgetfulness in the daytime					
No	35 (30.2%)	31 (17.0%)	66 (22.1%)		
Yes	38 (32.8%)	75 (41.2%)	113 (37.9%)	7.247	0.027
Maybe	43 (37.1%)	76 (41.8%)	119 (39.9%)		
Difficulty concentrating or focusing on your routine activities					
No	44 (37.9%)	36 (19.8%)	80 (26.8%)		
Yes	41 (35.3%)	92 (50.5%)	133 (44.6%)	12.580	0.002
Maybe	31 (26.7%)	54 (29.7%)	85 (28.5%)		
Disoriented with time, place, and person					
No	48 (41.4%)	42 (23.1%)	90 (30.2%)		
Yes	27 (23.3%)	83 (45.6%)	110 (36.9%)	17.776	<0.001
Maybe	41 (35.3%)	57 (31.3%)	98 (32.9%)		
Sudden blanking out					
No	43 (37.1%)	26 (14.3%)	69 (23.2%)		
Yes	42 (36.2%)	109 (59.9%)	151 (50.7%)	23.746	<0.001
Maybe	31 (26.7%)	47 (25.8%)	78 (26.2%)		
Frustrated at a time during your routine activities					
No	34 (29.3%)	14 (7.7%)	48 (16.1%)		
Yes	55 (47.4%)	128 (70.3%)	183 (61.4%)	26.667	<0.001
Maybe	27 (23.3%)	40 (22.0%)	67 (22.5%)		

Recent Publications (minimum 5)

:

1. What Are Sleep Disorders? [Internet]. [cited 2021 Nov 11]. Available from:https://www.psychiatry.org/patients-families/sleep-disorders/ what-are-sleep-disorders

2. Lombardi C, Pengo MF, Parati G. Obstructive sleep apnea syndrome and autonomic dysfunction. Auton Neurosci. 2019 Nov;221:102563. doi: 10.1016/j.autneu.2019

3. Senaratna CV, Perret JL, Lodge CJ, Lowe AJ, Campbell BE, Matheson MC, Hamilton GS, Dharmage SC. Prevalence of obstructive sleep apnea in the general population: A systematic review. Sleep Med Rev. 2017 Aug;34:70-81. doi: 10.1016/j.smrv.2016.07.002.

4. Prevalence and risk factors of obstructive sleep apnea syndrome in a Saudi Arabian population [Internet]. [cited 2021 Nov 11]. Availablefrom: https://www.researchgate.net/publication/316172682_Prevalence_ and_risk_factors_of_obstructive_sleep_apnea_syndrome_in_a_Saudi_Arabian_population

5. Hershner SD, Chervin RD. Causes and consequences of sleepiness

among college students. Nat Sci Sleep. 2014 Jun 23;6:73-84. doi: 10.2147/NSS.S62907.

Photograph



Biography (150 word limit)

Waleed Khalid Alghuyaythat is a medical practitioner who is passionate in research and motivated by curiosity. Waleed does research in various medical disciplines with a main focus on otorhinolaryngology

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Notes/Comments: