

Sleep deprivation and its effect

Shnipova Ekaterina Andreevna

Belarusian State Medical University, Minsk

Tutor - Sakhnova Olessia Igorevna, Belarusian State Medical University, Minsk

Introduction

Today people are envired by stress. For example, let's speculate on the university environment. It is usually associated with studying, preparing a huge amount of projects and, eventually, lack of sleep. For many of students everything comes back to normal after graduation, but not for medical students. There is no doubt that being a doctor is one of the most stressful and responsible jobs, because every day is an endless flow of decision-making within a short space of time. All this leads to loss of energy that can affect sleep habits too.

Aim of the study

To find out sleep habits of medical students and doctors; to analyze causes of sleep deprivation and the role of stress in it.

Materials and methods

Foreign literature, articles from U.S. National Library of Medicine (website PubMed Health) and National Sleep Foundation. Google Forms were used to collect information (40 students of BSMU, 40 students of MSLU and 30 doctors were enrolled in the study).

Results

The research showed that the level of sleep deprivation of medical students is higher than that of MSLU students. The absolute majority of medical students (96%) stated that they usually slept 6 hours and less, whereas, 71.5% of MSLU students slept 8-9 hours. Lack of sleep at night has some consequences. For example, 59.3% of all students have to fight daytime sleepiness. There is some difference in causes of sleep deficit of BSMU and MSLU students. Thus, more than 80% of BSMU students do not sleep enough because of their studies, and in case of MSLU students, this factor causes sleep deficit in less than 50% of the responders. As for doctors, only 15% of doctors answered that they slept 7 hours and more, but if they could, 85% would sleep more than 8 hours. They also sometimes have to fight daytime sleepiness (100%) and 62.5% of the responders do not sleep enough because of their work. It's significant, taking into account the fact that 87.5% think about work in their free time.

Conclusion

According to the National Sleep Foundation's recommendations, young adults (18 to 25 y.o.) need 7 to 9 hours each day to feel their best. Most people know that it is important to have a good night sleep, but only a few actually sleep that much. Those who sleep less than the recommended time are more likely to have a weaker immune system, gain weight and be in a bad mood as well. Lack of sleep also impairs attention, concentration, reasoning, and problem solving. This means that sleep plays a critical role in thinking and learning. Constant stress and sleep deprivation can also lead to Chronic Fatigue Syndrome, when one can't fight fatigue even though they sleep enough.