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Survey on Insomnia and its health impacts: A Review

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ABSTRACT

Insomnia is a common sleep disorder that has a big effect on both physical and mental health in people of all ages. This study sought to evaluate the prevalence and patterns of insomnia according to age and gender via an online survey of approximately 70–80 participants. A structured questionnaire was utilized to gather demographic data and information regarding sleep latency, nocturnal awakenings, and daytime sleepiness. The results showed that people between the ages of 19 and 22 had the most insomnia symptoms. Females (61.7%) were more impacted than males (39.5%). A significant percentage of participants indicated challenges in initiating sleep, recurrent nocturnal awakenings, and pronounced diurnal somnolence, signifying suboptimal sleep quality. The results also show that insomnia is strongly linked to lifestyle factors like stress, sleeping at odd hours, and spending more time in front of screens. This study underscores insomnia as an escalating public health issue and stresses the necessity for prompt identification, awareness, and lifestyle-oriented interventions to enhance sleep health and overall well-being.

I. INTRODUCTION

Differentiating between a prescription for a controlled medication that is valid and one that could be used illegally is one of the hardest tasks for any doctor. Prescribers must be aware of the symptoms of both acute and chronic pain, as well as the signs and symptoms of patients abusing controlled medications, in order to distinguish between the two. **(1)** Adolescent drowsiness and inadequate sleep are major public health concerns (1). Adolescents' typical developmental changes and sleep difficulties have been the subject of multiple recent reviews (1-3) Due to the absence of accurate and widely recognized diagnostic criteria, diagnosing insomnia has historically been difficult. There has been significant variation in the definition of insomnia disorder, despite the scientific community's evolution from viewing it as a symptom (National Institute of Mental Health [NIMH], 1984) to an independent sleep disorder in its own right (National Institutes of Health [NIH], 2005) (Edinger et al., 2004). A variety of restorative processes, including as stress hormone management, muscle and tissue regeneration, emotion modulation, and memory consolidation, depend on sleep, a fundamental biological need (Dement & Vaughan, 1999). Periodic sleep disturbances, such as trouble falling asleep, wakefulness after sleep onset (WAS O), or nonrestorative sleep, are common. Sadly, a third of adults (1) and more than two-thirds of older individuals (2,3) report at least one chronic insomnia complaint over the course of days or weeks. The DSM-5 criteria for insomnia disorder, which are defined by these sleep complaints, their frequency (i.e., three nights per week), and a duration of three months, are met by nearly one in ten persons (2). Additionally, insomnia raises the likelihood of depression and inflammatory illnesses, is frequently associated with all major mental disorders, and increases mortality from all causes (3). Adolescent drowsiness and inadequate sleep are major public health concerns (1). Adolescents' typical developmental changes and sleep difficulties have been the subject of multiple recent reviews (1-3). In addition to these normal sleep alterations, some teens develop insomnia disorder, which has not gotten as much attention in the research.

News, New Zealand, dementia, insomnia, and critical discourse analysis

In order to distinguish between people who are simply older and those who are too old, representations of older age are not uniform (Gilleard & Higgs, 2016). Vulnerable, passive, and dependent older individuals are distinguished from active and productive older people (O'Neill & Ní Léime, 2022; Reul et al., 2022). Swacha (2017). which has an incidence rate of 7–10% in the

USA (LeBlanc et al., 2009; Morin et al., 2006; Singareddy et al., 2012). 19% of adults in France report having insomnia (Leger, Guilleminault, Dreyfus, Delahaye, & Paillard, 2000), compared to up to 37% of individuals in the UK (Morphy, Dunn, Lewis, Boardman, & Croft, 2007).

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Depression and insomnia frequently coexist [2], with 41% of those with depression also having sleeplessness [3]. Additionally, a number of research have examined the reciprocal link between depression and insomnia, particularly in adult populations [4–6].

The prevalence and incidence rates of depression have dramatically increased over the past ten years, making it one of the top 25 causes of the global health burden [1]. Depression and insomnia frequently coexist [2], with 41% of those with depression also having sleeplessness [3]. Additionally, a number of research have examined the reciprocal link between depression and insomnia, particularly in adult populations [4–6].

We can replenish our physical and mental reserves for the next day when we get enough sleep. All workers need to get enough sleep, but those in the healthcare industry who provide direct patient care may find it particularly crucial. Nurses have a particularly important role because they have more opportunities to engage with patients and may have an impact on their rehabilitation and health-related behaviors (1, 2, 3, 4).

A steadily increasing percentage of veterans are women. By 2020, there will likely be 2.4 million female veterans (National Center for Veterans Analysis and Statistics, 2013). Over 44% of female veterans of Operation Enduring Freedom and Operation Iraqi Freedom (OEF/OIF) are enrolled in VA healthcare; female veterans use VA healthcare at a higher rate than male veterans (Haskell et al., 2011; Hayes & Krauthamer, 2009).

II. MATERIAL AND METHODS

In Order to obtain broad overview of significant topic, the presented study was conducted as a part of literature survey, we developed and online survey to recruit a total of 70-80 participants and we collect the data on insomnia depending on age and gender.

QUESTIONNAIRE

The questionnaire included questions on demographic data lik+e and gender and age. Individuals were asked about the insomnia.

- How much time will you take to fall asleep
- How often do you wake in one night
- How often do you feel sleepy during the day

III. RESULTS

Response were classified according to age gender which are collected through online survey.

•According to age which has categorised into four response they are 16 to 18
18 to 19
19 to 20
20 to 22
22 to24
24 to 27

There were 10.5% of people with the age 16 to 18 .
1.2% People with the age 18 to 19.
37.8% people with the age 19 to 20.
34.1% people with the age 20 to 22.
20% of people with the age 22 to 24.
10.3% of people with the age 24 to 27.

•According to gender there were
In male 39.5%
In female 61.7%

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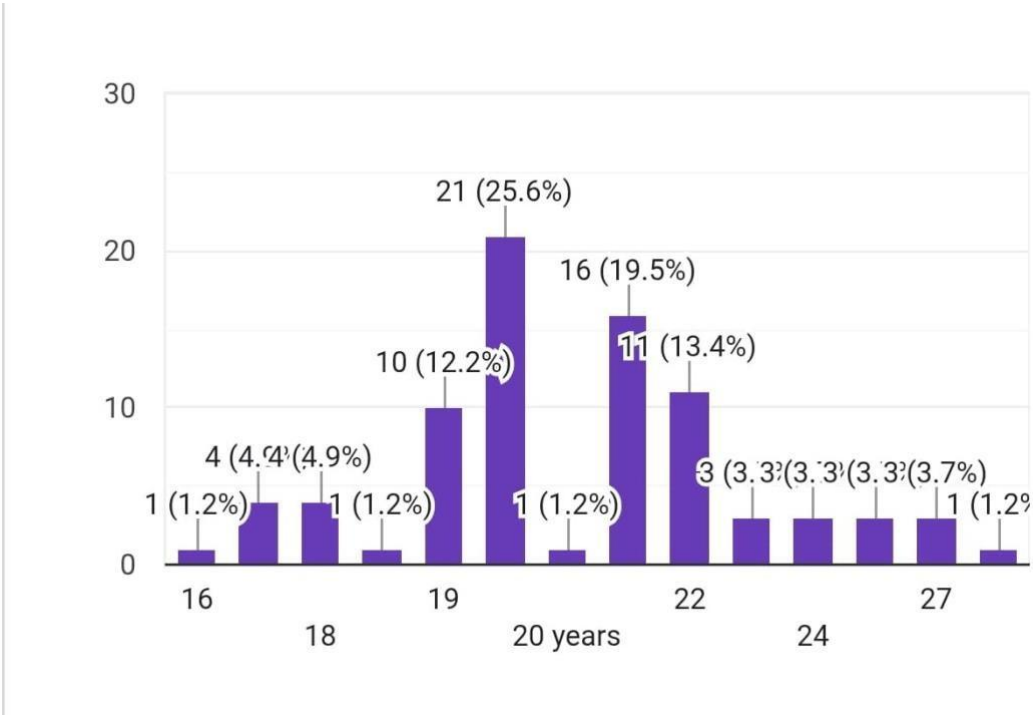
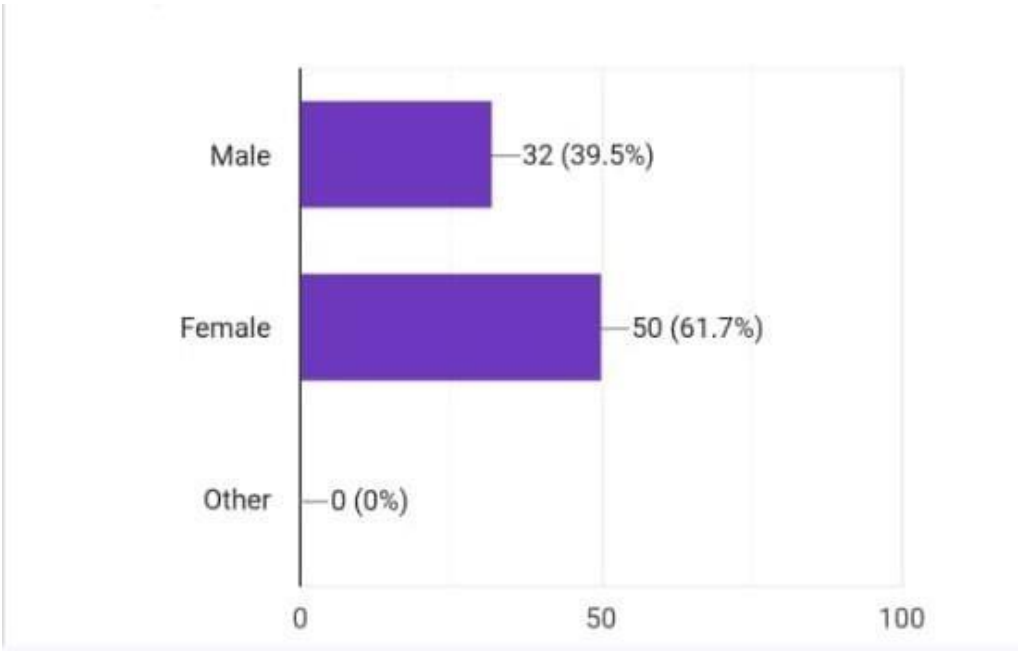
•According to gender and age

Age:-



Gender:-



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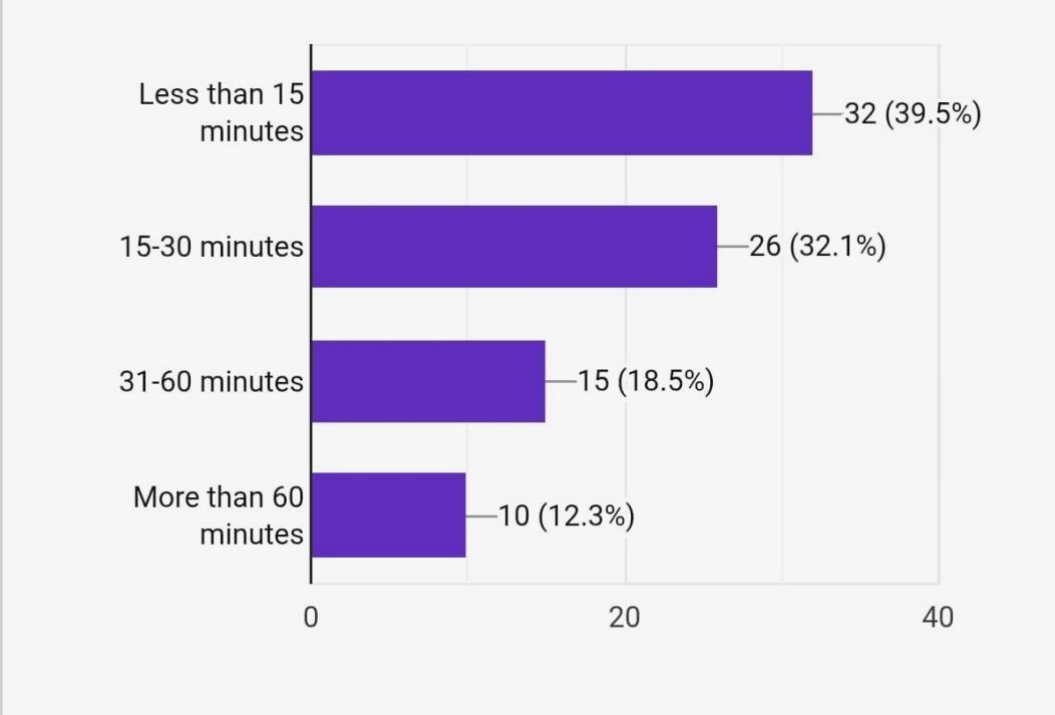
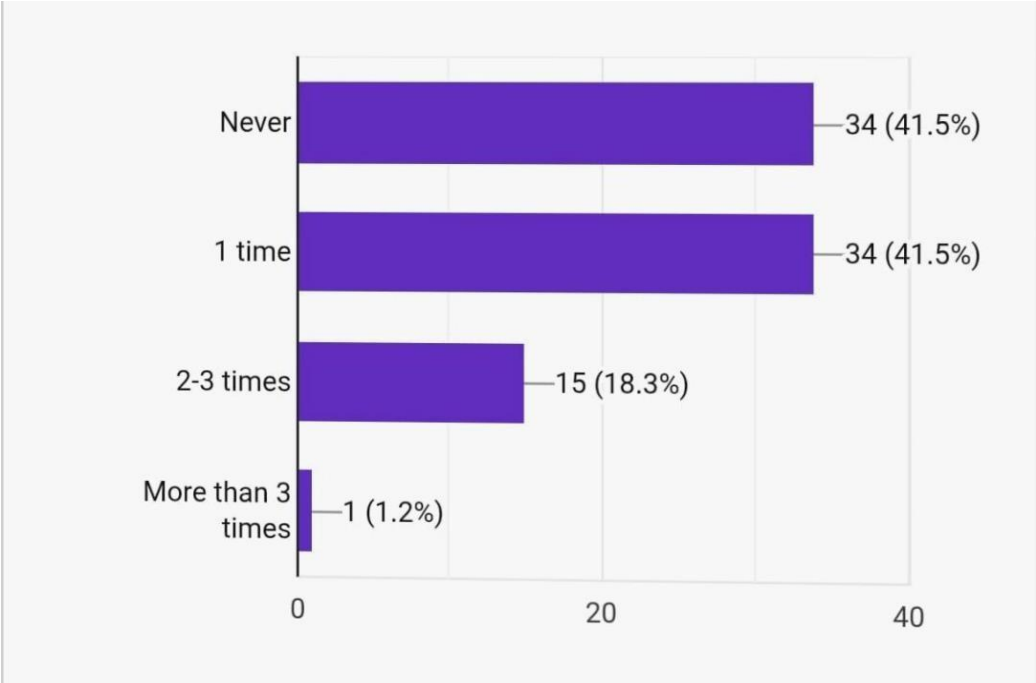
•How much time will you take for fall asleep



How often do you wake in one night



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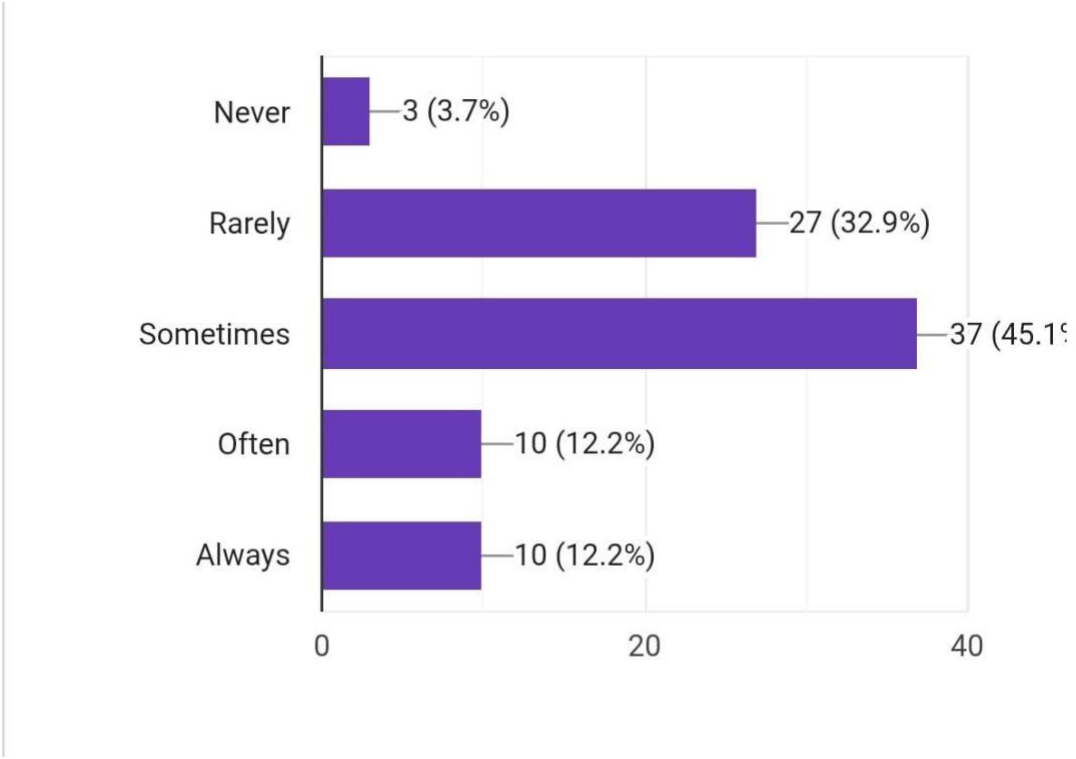
- How often do you feel sleepy during a day?



IV. CONCLUSION

This study concludes by highlighting the increasing importance of insomnia as a significant public health issue that affects people of all ages and genders. As a basic biological requirement, sleep is essential for preserving mental and physical health. However, the results of this study make it abundantly evident that a significant percentage of people, especially young adults, suffer from sleep disorders, which, if ignored, could have long-term negative effects on their health. The information gathered from the online survey sheds important light on the frequency and trends of insomnia in the chosen group. A sizable portion of individuals reported having trouble falling asleep, waking up frequently throughout the night, and being too sleepy during the day. When taken as a whole, these symptoms indicate poor sleep quality.
Which, if ignored, might have long-term health repercussions.

The information gathered from the online survey sheds important light on the frequency and trends of insomnia in the chosen group. A sizable portion of individuals reported having trouble falling asleep, waking up frequently throughout the night, and being too sleepy during the day. When taken as a whole, these symptoms indicate poor sleep quality, which can negatively impact daily functioning, productivity, emotional stability, and general quality of life.

The greater incidence of insomnia among those between the ages of 19 and 22 is one of the study's most important findings. Numerous reasons, including increasing screen time, inconsistent sleep habits, academic pressure, and lifestyle changes, may be responsible for this trend. Sleep disruptions during adolescence and the early stages of adulthood can have long-lasting consequences on mental and physical health as well as cognitive function.

The study also shows that women experience sleeplessness at a higher rate than men. Social, psychological, and biological variables could all have an impact on this discrepancy. The increased vulnerability of women to sleep-related illnesses may be explained by a number of factors, including hormonal fluctuations, stress levels, and emotional sensitivity. However, insomnia affects everyone and is not specific to any one group, which highlights the need for more widespread awareness and intervention techniques.

Another significant finding of this study is the connection between sleeplessness and other medical diseases, especially mental health conditions

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like depression. Depression and sleep problems frequently overlap and can worsen one another, forming a difficult-to-break vicious cycle. Chronic sleeplessness has also been linked to major health problems, including as increased death rates, impaired immune systems, and cardiovascular illnesses. Therefore, in order to avoid more issues, early detection and treatment of insomnia are crucial.

The significance of lifestyle factors in affecting sleep quality is also shown by the study. Some typical causes of insomnia include irregular sleep habits, heavy use of electronics before bed, inactivity, and high levels of stress. Sleep patterns and general health can be greatly improved by addressing these issues with straightforward behavioral adjustments.

In conclusion, this study supports the notion that insomnia is a major health problem that needs to be addressed and treated rather than just a small annoyance. This study adds to the expanding body of knowledge on sleep disorders by determining its frequency, contributing causes, and effects on day-to-day functioning. It also emphasizes how crucial it is to establish good lifestyle habits and, when needed, seek prompt medical assistance.

In the end, boosting general health, wellbeing, and productivity requires better sleep. Everyone's quality of life and health can be improved by addressing insomnia on an individual and societal level.

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