

SLEEP DEPRIVATION AMONG SCHOOL GOING ADOLESCENTS IN AN URBAN SETTING IN KERALA- A DESCRIPTIVE STUDY

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Background: Sleep deprivation is a rising problem that creates numerous physiological and psychological problems in adolescents. Sleep habits are affected by cultural and lifestyle characteristics and so far, no studies have been conducted in this regard in Kerala.

Objectives: To study the prevalence of sleep deprivation and associated risk factors among school going adolescents of 9th-12th grades (13-18 years) in an urban setting in Thiruvananthapuram, Kerala. **Methods:** We conducted a cross sectional study among 426 students studying in 9th-12th in 3 schools in Thiruvananthapuram selected through random sampling. Self-administered structured questionnaire focusing on sleep habits, BMI, study habits, before bed screen-time and parental sleep habits was administered to the students.

29 students were excluded from the study including 15 with medical illnesses affecting sleep.

Results : Out of the 426 students, 29 were excluded. 302 students(76.07%) had sleep deprivation. Mean age was 15.79 years(SD 1.23). Univariate analysis showed adolescents above 15 years(OR=2.203, 95%CI 1.380-3.517), students of 11th and 12th(OR=2.205, 95%CI 1.380-3.523), sleeping after 10PM(OR=19.617, 95% CI 10.586-36.355), waking up before 6AM(OR= 2.586, 95%CI 1.554-4.304), sleeping after parents(OR=2.356, 95%CI 1.415-3.922) had significant risk. On multivariate analysis, students of 11th and 12th (aOR= 3.197, 95%CI 1.107-9.234), going to bed after 10 PM (aOR= 51.49, 95% CI 20.211-131.180), waking up before 6 AM (aOR= 51.49, 95% CI 20.211-131.180) and sleeping after parents (aOR= 1.927, 95%CI 1.011-3.673) were significant. **Conclusion:** Prevalence of sleep deprivation among adolescents aged 13-18 years was 76.07%. Higher secondary classes, going to sleep after 10 PM, waking up before 6AM and sleeping after parents had significant sleep deprivation. School Curriculum should include awareness about good sleep habits. We recommend adolescents to go to bed at 10PM(or earlier) and wake up at 6AM(or later) to prevent sleep deprivation.