PREVALENCE OF INSOMNIA AND FACTORS ASSOCIATED WITH IT AMONG GERIATRIC POPULATION RESIDING IN CENTRAL KERALA - A CROSS SECTIONAL STUDY

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Background: Insomnia is one of the most common sleep disorders, encountered mainly in the geriatric population, characterized by difficulty to fall asleep, difficulty to maintain sleep or frequent awakenings and problems of returning to sleep. It saps not only our energy level and mood, but also our health, work performance and quality of life. Thus, producing significant daytime symptoms including difficulty in concentrating and mood disturbances. There has been an increasing recognition of importance of sleep for the overall wellbeing of the elderly. With less number of Indian studies in general, our study highlights insomnia as a major public health problem, albeit neglected, needs to be dealt with as a priority. **Objectives:** To find out the prevalence of insomnia and explore the factors associated with it among geriatric population residing in Central Kerala. **Methods:** A cross sectional study was conducted among geriatric population of 60yrs and above, residing in Central Kerala in a search to find out the prevalence of insomnia and explore factors contributing to it, with a sample size of 250 using Pittsburg Sleep Quality index (PSQI). **Results:** Among the geriatric population of Kerala in our sample population, prevalence of poor sleep quality was observed to be 36% according to the global PSQI scoring system. Also a few risk factors like Hypertension and Dyslipidemia were found to have a significant association with insomnia. **Conclusions**: Sleep being as important to our health, as a healthy diet and regular physical activity, our study focused on evaluating insomnia and associated its factors coming to a satisfying conclusion that every one out of three elderly individuals had insomnia.