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## **THE STUDY OF SLEEP MODE FEATURES IN MEDICAL STUDENTS**

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Introduction. Amazingly, the average person spends 229,961 hours or one-third of his lifetime asleep. Why do we need this activity so much that our body allocates so much time for it? Eating is a vital activity that gives us the materials we need to build up our body cells and the energy we require to perform our daily functions. Yet, we only spend 32,098 hours eating – a fraction of the time spent sleeping. This alone should hint that sleep is very important and investing in sleeping right, that is, observing good sleep hygiene, is highly beneficial especially for medical students.

Materials and methods. There were researched peculiarities of sleep regimen in groups of medical students of 2nd year. There were interviewed 94 medical students (23 boys and 71 girls) with using questionnaire “Way of life” and Internet Addiction Test (IAT) by Dr. Kimberly S. Young.

Results. Most students ( $45,23 \pm 3,46$  %) noted the presence of disturbances in the day mode and duration of sleep. As main reasons they mention essential educational loadings, a lot of homework, and also spending a lot of time in Internet. It was found that majority of students (64.9 % of respondents) neglect necessary duration of sleep because stay online longer than intended, among of them 60.9 % of males and 67.6 % of females. 14,8 % of medical students frequently lose sleep due to late-night log-ins.

Conclusion. The shortened duration of sleep and exposure of blue light from electronic devices just before sleep do not conform with good sleep hygiene measures. This can lead to weakened mental and physical health, finally causing

poor performance in medical school. Students should be taught to limit use of electronic devices before sleeping and to prioritize sleeping enough each night.