

## A Comparative Study on Sleep Hygiene among Young Adults Amidst the Coronavirus Crisis

Komal Sharma<sup>1\*</sup>

### ABSTRACT

Coronavirus pandemic has affected everybody in more than ways one can imagine. Getting a good sleep under stressful conditions is challenging but during a pandemic? It can feel almost impossible some nights. Stress-related insomnia due to the coronavirus (COVID-19) pandemic more complicated than typical stress-related sleeplessness. From isolation to home-schooling, there are multiple factors in the lives of young adults that have caused lot of stress and sleep hours to plummet. And this loss of sleep, especially over time, has a harmful effect on overall health. Things like school and gym closures, working from home, social distancing and quarantine has caused a lot of upheaval to the daily routine and sleep patterns and can make it difficult falling asleep and can lead to a vicious cycle of sleeplessness that could eventually lead to insomnia. The purpose of the study is to study sleep hygiene of young adults amidst coronavirus crisis and study gender differences. The sample consisted of 124 (83 females and 41 males) young adults (i.e., age group 18-25) from India. The study was conducted online with the help of Google forms. It was concluded that there are no significant gender differences in sleep hygiene of young adults during coronavirus pandemic.

**Keywords:** Sleep hygiene, Young Adults, COVID-19, Pandemic

### Sleep Hygiene

Meltzer and Mindell (2004) “A set of sleep related behaviours that expose persons to activities and cues that prepare them for and promote appropriately timed and effective sleep.”

One of the best ways one can set them up for better sleep is to pay attention to sleep hygiene. Good hygiene for sleep requires having both a bedroom atmosphere and regular activities that facilitate consistent, uninterrupted sleep. It can all lead to optimal sleep hygiene by keeping a consistent sleep schedule, making your bedroom comfortable and free of distractions, practicing a calming pre-bed routine, and building healthy habits throughout the day.

*Every sleeper can customize their sleep hygiene as per their needs.*

<sup>1</sup>Student, AIPS, Amity University, Noida, India

\*Responding Author

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## **A Comparative Study on Sleep Hygiene Among Young Adults Amidst the Coronavirus Crisis**

For both physical and mental health, achieving good sleep is important as it helps in enhancing efficiency and overall quality of life. All can benefit from better sleep, from children to older adults, and sleep hygiene can play a key part in achieving that goal. Research has shown that a key component of health is the development of healthy habits. Crafting sustainable and beneficial habits helps healthy practices feel almost automatic, producing a positive reinforcement loop that is on-going.

### **Is sleep hygiene same for everyone?**

The fundamental principle of sleep hygiene, which can improve your environment and behaviours for better sleep, applies to just about everybody, but depending on the person, what ideal sleep hygiene looks like can differ.

For that reason, one has to find out what benefits their sleep the most it is worth trying out various changes. You don't have to change all at once; you can progress toward improved sleep hygiene with incremental measures.

It is also important to realize that sleep hygiene changes will not always resolve sleep problems with sleeping. Better sleep hygiene may help people who have extreme insomnia or sleep disorders such as obstructive sleep apnea, but other treatments are typically important as well. In other words, sleep hygiene alone isn't a panacea, even though it can be helpful. It's best to speak to a doctor who can prescribe the most suitable course of action if an individual has long-lasting or significant sleeping issues or daytime sleepiness.

### **Purpose**

The purpose of the study is to study sleep hygiene of young adults amidst coronavirus crisis.

### **Hypothesis**

There will be significant gender differences between male and female sleep hygiene.

## **METHODOLOGY**

### **Sample**

The sample consisted of 124 (83 females and 41 males) young adults (i.e. age group 18-25) from India.

### **Measures**

The following standardized test was used:

**Sleep Hygiene Index (SHI):** The Sleep Hygiene Index (SHI) [18] is a 13-item self-report measure designed to assess the practice of sleep hygiene behaviours. Each item is rated on a five-point scale ranging from 0 (never) to 4 (always). Total scores range from 0 to 52, with a higher score representing poorer sleep hygiene.

### **Procedure**

The participants were informed about the purpose of the research and the questionnaires were filled through Google forms. The participants were assured of the confidentiality of the information to elicit honest responses without any fear or inhibitions. Standardized psychological test was administered to participants.

## **RESULTS**

Mean, Standard Deviation & t- test were worked out to find the gender differences.

**Table 1: Showing mean and standard deviation of sleep hygiene. (N=124)**

Descriptive

		sleep hygiene
N		124
Mean		20.6
Standard deviation		6.77

**Table 2: Showing Independent samples T test.**

Independent Samples T-Test

		statistic	Df	P
sleep hygiene	Student's t	0.792	12 2	0.430

**Table 3: Showing Mean, Median, Standard deviation and Standard error of male and female samples.**

Group Descriptive

	Group	N	Mean	Median	SD	SE
sleep hygiene	Female	83	20.9	21.0	6.80	0.747
	Male	41	19.9	20.0	6.74	1.05

## **DISCUSSION**

There are no significant gender differences in sleep hygiene among the young adults. The result indicates that there is no significant difference in male & female in relation to sleep hygiene ( $t=0.792$ ). Thus, the hypothesis that there will be significant differences is not accepted.

In a study given by Mastin et. al. (2006) The Sleep Hygiene Index was delivered to 632 subjects and a subset of the subjects participated in a re administration of the instrument. Test-retest reliability analyses suggested that sleep hygiene behaviours are relatively stable over time for a nonclinical population. Results confirmed that sleep hygiene is strongly related to sleep quality and modestly related to perceptions of daytime sleepiness.

## **CONCLUSION**

The research aimed at analysing gender differences in sleep hygiene among young adults during the coronavirus pandemic. The results provide evidence of no significant difference between male and female young adults. The research was conducted on a sample of 124 young adults and more future researches can give us more in-depth insight.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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