

Preliminary Screening of Insomnia Among Academicians in UTAR (Kampar Campus)

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ABSTRACT

Insomnia is defined as difficulty falling asleep and staying asleep associated with daytime impairment or distress which occurs at least three times in a week for at least a month. It may interfere normal physical, mental and emotional functioning yet affected people are not aware of it and conventional sedative-hypnotic drug therapy may not be appropriate for those suffering from only mild-to-moderate sleep disorders. Insomnia has become a common medical disorder in Malaysia although not many studies have been done to estimate the exact prevalence. This study was conducted to measure the prevalence among academicians in UTAR Kampar Campus. Four hundred and thirty randomly selected academic staff from UTAR were approached and requested to answer self-administrated questionnaire, Pittsburgh Sleep Quality Index (PSQI). As for preliminary study, the first 200 respondents were analysed. Out of 200 academicians, 59.5% (119) of the sample population was found to be affected with this sleeping disorder (PSQI Score>4). Average hours of actual sleep was recorded at 6.52 (± 1.28) while age and PSQI score was not correlated contradicting to popular belief. Many respondents were not aware of their insomnia symptoms till they participated in the screening. Thus, awareness about insomnia and its associated pathological disorders should be raised in future.