

Sleep Quality of Anesthetists in Two States of India

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Background

Anesthetists in India have long and erratic working hours. They lack regular intervals of rest and sleep. The strenuous nature of their work also causes disturbed sleep among anesthetists and also the quality of sleep is poor. Prolonged periods of sleep deprivation may affect their judgment, performance, and poses risk to the patients' lives.

Aims & Objectives

To investigate sleep quality of anesthetists through a subjective questionnaire.

Material & Methods

Ethical clearance for the study was provided by the Institutional Ethics Committee. Anesthetists from different tertiary care hospitals in Andhra Pradesh and Maharashtra were recruited using simple random

sampling. The Pittsburgh sleep quality index (PSQI) was adapted after pretesting, and used to assess subjective sleep quality. Anesthetists' work stress was assessed using a questionnaire. Data was entered and analysed using Epi Info 3.5.3 statistical software.

Results

34, of the recruited 129 anesthetists, completed the study till date. Preliminary analyses shows that about 75% of them had a PSQI score of ≤ 5 . Anesthetists with relatively less years of job experience were observed to be have higher risk of sleep disturbance compared to the ones with more than 10 years of experience.

Conclusion

The study demonstrated that poor sleep quality is a common health problem among anesthetists. To discover other possible factors affecting sleep quality and to develop a systemic strategy to cope with the problem, further studies are required.