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Research Article

## PREVALENCE, RISK FACTORS AND IMPACT OF INSOMNIA AMONG DOCTORS

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### ABSTRACT

**Background:** Insomnia is a prevalent concern among healthcare professionals, especially doctors, due to long working hours, night shifts, and psychological stress. It affects cognitive function, emotional well-being, and overall health, ultimately influencing patient care. **Methods:** A cross-sectional study was conducted among 200 doctors in Andhra Pradesh using an online questionnaire to assess sleep patterns, insomnia severity, work hours, and associated risk factors. Statistical analysis was performed using IBM SPSS Software. **Results:** The study found that 19.8% of doctors experienced frequent difficulty falling asleep, 49.5% sometimes, and 39.9% occasionally woke up during the night. Most participants (54.5%) reported sleeping 6–7 hours on workdays, and 25.7% slept only 5 hours. Work-related stress, night shifts, caffeine consumption, and electronic device use before bed were significant contributors to insomnia. Furthermore, 62.4% reported that lack of sleep negatively affected job performance, and 53% felt it impacted personal relationships. **Conclusion:** Insomnia among doctors is a significant issue that negatively affects their well-being and job performance. Addressing work-related stress, promoting sleep hygiene, and providing mental health support are essential to mitigating this issue.

### KEYWORDS

- Insomnia
- Sleep disturbances
- Work-related stress
- Sleep duration
- Cognitive function
- Mental well-being
- JOB performance

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### INTRODUCTION

Sleep is crucial for cognitive function, emotional regulation, and overall health. Insomnia, defined as difficulty initiating or maintaining sleep, is prevalent among healthcare professionals, particularly doctors, due to demanding work schedules, long shifts, and stress.<sup>[1]</sup> Chronic sleep deprivation is associated with reduced alertness, impaired decision-making, and increased medical errors, which ultimately affect patient care.<sup>[2]</sup> Moreover, insomnia has been linked to burnout, anxiety, and depression.<sup>[3]</sup>

Given the critical role of doctors in patient care, understanding the prevalence, risk factors, and impact of insomnia is vital to developing strategies that can improve their overall well-being. This study aims to investigate the prevalence of insomnia, its contributing factors, and its

impact on job performance and personal well-being among doctors.

### MATERIALS AND METHODS

#### Place of Study

The study was conducted among doctors working in various private and government healthcare facilities across Andhra Pradesh.

#### Study Design

A cross-sectional study was conducted using a structured questionnaire distributed to doctors across different medical specialties.

#### Study Period

The study was conducted over a period of 2 months (January & February 2025)

### Study Participants

Doctors from all medical specialties were included in the study.

### Sample Size

A total of 200 doctors participated in the survey.

### Data Collection Procedure

Data were collected via an online questionnaire that assessed demographic information, sleep patterns, insomnia severity, work hours, and associated risk factors. The questionnaire also assessed work-related stress, lifestyle habits (e.g., caffeine consumption and use of electronic devices before bed), and the impact of insomnia on job performance.

### Data Analysis

Data was entered using Microsoft Excel sheet. Summarization and analysis of data was carried out by using IBM SPSS Software version 20(licensed). Descriptive statistics were used to summarize the demographic information, and inferential statistics were applied to assess the relationship between burnout and its associated risk factors.

### Inclusion Criteria

Doctors from all medical specialties, aged 21 years or older.

### Exclusion Criteria

Doctors who were on extended leave or unwilling to participate.

### Confidentiality

All participant details were kept confidential, and only aggregated data was used in the results.

### Ethical Consideration

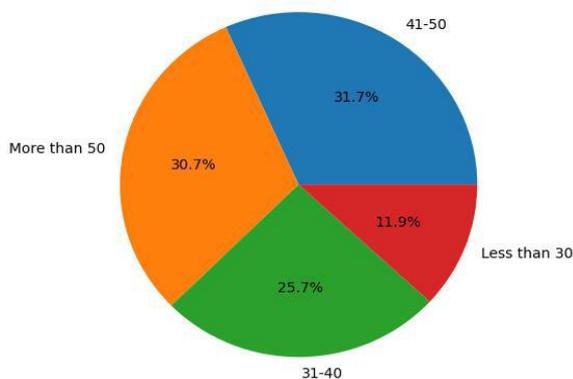
The study received approval from the institutional ethics committee. Informed consent was obtained from all participants.

## RESULTS

### Demographics and Work History

Of the 200 participants, 52.5% were male and 47.5% female. The age group of participants was 21 years and above. Regarding work experience, 27.7% had worked for 1 to 5 years, 36.6% for 6 to 10 years, 13.9% for less than a year, and 21.8% for more than 10 years.

Pie Chart - How many hours per week do you typically work?

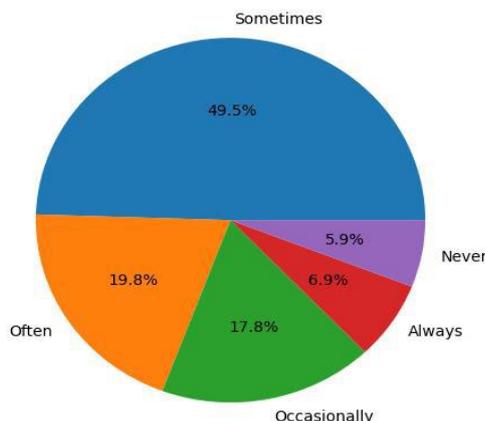


### Work Hours

In terms of weekly work hours, 30.7% of doctors worked more than 50 hours, 31.7% worked between 41-50 hours,

11.9% worked fewer than 30 hours, and 25.7% worked 31-40 hours.

Pie Chart - How often do you have difficulty falling asleep?

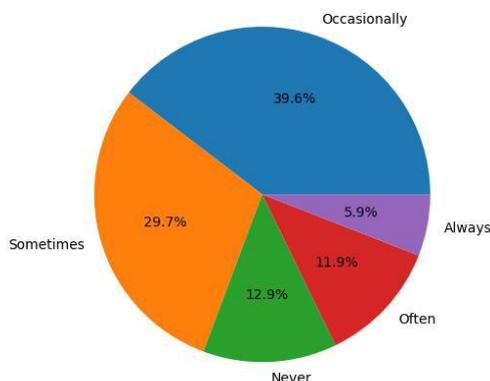


**Prevalence of Insomnia**

The study found that 19.8% of doctors experienced frequent difficulty falling asleep, 49.5% sometimes, and

17.8% occasionally. Furthermore, 39.9% of respondents woke up during the night and struggled to fall back asleep.

Pie Chart - How often do you wake up during the night and struggle to fall back asleep?

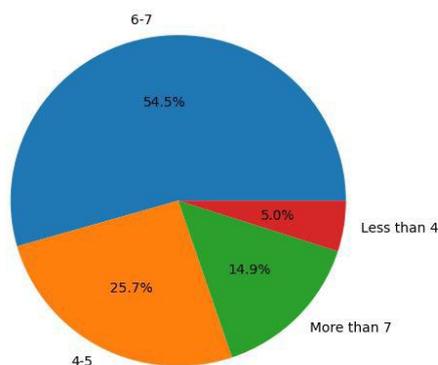


**Sleep Duration and Quality**

The majority (54.5%) reported sleeping 6–7 hours on working days, while 25.7% slept only 5 hours. On non-

working days, 51.5% slept 6–7 hours, 23.8% slept 4–5 hours, and 22.8% slept more than 7 hours.

Pie Chart - How many hours of sleep do you usually get on a workday?

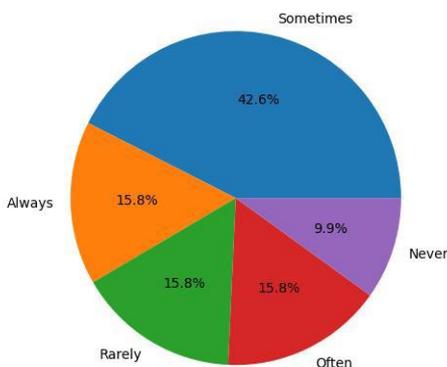


**Impact of Insomnia**

A total of 62.4% of participants felt that a lack of sleep negatively affected their job performance. Additionally, 53% believed poor sleep affected their personal

relationships. Mood changes, such as irritability and anxiety, were experienced by 15.8% of doctors, and 2.6% occasionally experienced these mood disturbances due to sleep deprivation.

Pie Chart - How often do you experience mood changes (irritability, anxiety, depression) due to lack of sleep?

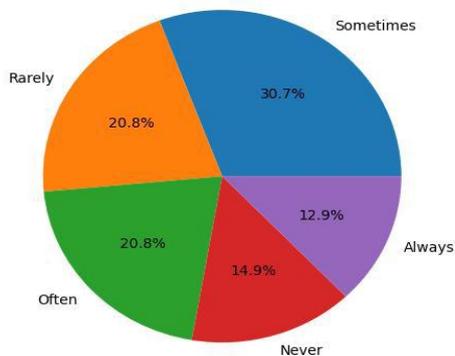


**Risk Factors for Insomnia**

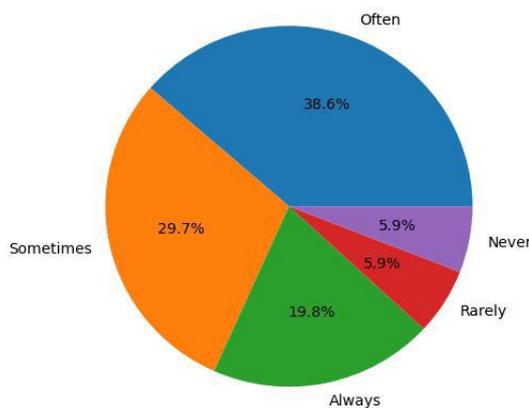
Work-related stress was identified as a major factor contributing to insomnia. 24.8% of doctors reported that work-related stress often affected their sleep, while 32.7% reported that it sometimes did. Shift work or rotating

duties were reported by 35.6% of participants. Additionally, 20.8% consumed caffeine late in the day, and 38.6% used electronic devices before bed, both of which significantly contributed to insomnia.

Pie Chart - Do you consume caffeine (coffee, tea, energy drinks) late in the day?



Pie Chart - How often do you use electronic devices (phone, computer, TV) before bedtime?



**Coping Strategies**

In terms of strategies for improving sleep, 24.8% of doctors believed meditation was helpful, 19.8% favored reading, and 17.8% found exercise effective. Only 7.9% viewed medication as a last resort. Additionally, 43.6% of participants had sought professional help for their sleep issues.

**DISCUSSION**

The results of this study reveal the high prevalence of insomnia among doctors, a profession that is subject to long hours, shift work, and constant exposure to work-related stress. Insomnia significantly impairs both cognitive function and emotional well-being, leading to reduced job performance and poor patient care.<sup>[4]</sup> The negative effects of insomnia are compounded by lifestyle habits such as caffeine consumption and electronic device use before bedtime, which are common among doctors.<sup>[5]</sup>

Work-related stress was a major contributing factor to insomnia in our study, aligning with previous research that shows healthcare workers are highly susceptible to sleep

disturbances due to job demands.<sup>[6]</sup> Additionally, our study highlights the impact of sleep deprivation on personal relationships, which can further affect the overall quality of life.<sup>[7]</sup>

Interventions are necessary to address insomnia among healthcare professionals. Strategies such as improving work-life balance, providing mental health support, and promoting good sleep hygiene are essential. Healthcare organizations should implement systemic changes that foster a healthy work environment and encourage optimal sleep practices.<sup>[8]</sup>

**CONCLUSION**

Insomnia among doctors is a prevalent issue that negatively impacts their health, job performance, and overall well-being. The findings underscore the importance of addressing work-related stress, promoting sleep hygiene, and offering mental health support to mitigate the effects of insomnia. By fostering an environment that prioritizes sleep health, healthcare

organizations can improve both the well-being of their staff and the quality of patient care.

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