Sleep Disorders and its Effect on Community

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Abstract

The main aim of this paper is to analysis the effect of sleep disorders on the community. This study is quantitative. The questionnaire was designed and distributed among the student in school in the city of Riyadh high and intermediate school. The sample of this study consist 100 students. The researcher visited a school in the city of Riyadh high and intermediate school sections and that on December 10 to 11 to measure the impact of sleep disorders through a questionnaire that measures the effects of lack of sleep and then make them aware of the benefits of sleep and harm of lack of sleep from the physical and psychological effects, and it gave a lecture educate the students and then distribute them brochure contain the benefits and harmful effects of sleep. SPSS 21 was used to analysis that data. The results of the study indicated that lack of sleep limits a person's ability to think and solve the problem effectively, which means that people who wake up for a long time influence them to learn at an effective level. Lack of sleep affects the ability of thinking and can limit your ability to accurately interpret events, which can be difficult to respond correctly to situations in which effective decision-making is intelligent. The lack of sleep, even for one night can lead to swelling of the eyes and turn the skin into pale skin.

Keywords: Sleep disorders; Community; Diabetes mellitus

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Introduction

Sleep disorders are widespread health problems that reduce quality of life, increase risks for psychiatric and medical disease and raise health care utilization and costs among affected individuals worldwide. A subset of patients with sleep problems seeks care from sleep specialists, but most such patients are seen in primary care settings where they are likely to receive suboptimal sleep-problem management. As noted by Gottschalk and Flocke during a typical primary care visit, the provider has only 10 to 15 min per patient to manage an average of two to three major medical problems that carry significant risk of morbidity and mortality; this leaves very little time to address whatever nonspecific sleep/wake complaints patients might present. Moreover, primary care providers often have limited knowledge of sleep disorders medicine. As such, sleep disorders may either go unrecognized or improperly treated. Thus, many sleep disordered patients seen in primary care settings fail to be properly diagnosed and receive effective, evidence-based therapies [1].

The impact of sleep disorders can have far-reaching health implications including increased risk of drowsy-driving-related motor vehicle accidents, increased risk of a broad range of chronic disease states such as hypertension, diabetes mellitus, obesity, cardiovascular disease, depression and even cancer, and several that also serve to increase mortality risk [2]. In recent years, the impact of untreated sleep disorders has become increasingly recognized and clinicians will certainly require improved knowledge in the realm of sleep disorders to adopt measures to improve the recognition, diagnosis and treatment of some of the most common sleep problems, particularly as untreated sleep disorders can adversely impact health. Here

we will review common sleep disorders, i.e., insufficient sleep syndrome, insomnia, circadian rhythm disorders and obstructive sleep apnea [3].

The main aim of this paper is to analysis the effect of sleep disorders on the community. Also this paper seeks to achieve these objectives:

1. Measure the impact of sleep disorders and harmful to Group of our society (intermediate and high school sections of students in Arqam National Schools in Riyadh). Target group: from 13-18 years of students in Riyadh, Al-Arqam National Schools.

2. The research focused on identifying the negative effects of lack of sleep and health troubles (physical-psychological-scientific).

3. Comparison between the intermediate and high school.

Literature Review

Sleep is a behavioral state of perceptual freedom while being unavailable for the environment, accompanied by characteristic electroencephalographic changes, having the rapidly reversible potential to the state of vigilance [4]. In the Romanian medical dictionary, sleep is defined as a periodic and reversible physiological state characterized by somatic inactivity, relative and temporary suppression of consciousness, accompanied by a more or less important abolition of sensitivity and the inhibition of vegetative functions [4].

Sleep disorders are now more widely recognized as warranting specific clinical attention. Prevalence rates of sleep disturbances vary depending on the age group surveyed and the criteria used for inclusion. Estimates from primary care settings indicate that 10–30% of respondents experience significant sleep disturbances [5], while community studies note prevalence rates of up to 37% [6]. A community survey [7] of 987 parents of elementary school-aged children reported the following problems related to sleep behaviors: Bedtime resistance (27%), difficulty with morning wakening (17%), complaints of fatigue (17%), delayed sleep onset (11%), and night time wakening's (7%). Rates are even higher in studies examining clinical child populations, with restless sleep (43%) and night waking (47%) affecting a substantial number of children [8]. Despite the relatively high prevalence rates and potentially negative outcomes of disturbed sleep, adequate assessment of sleep problems is rarely conducted in primary care settings [9].

Methodology

This study is quantitative. Questionnaire was designed by Faisal Hammad Al-Dossary and Omar Abdulmohsen Al-Shdokhi, and reviewed by Tariq Majed Al-Otaibi and Meshal Yahya Al-Towairqi and Abdullah Masoud Al-Malki. The questionnaire distributed among the student in school in the city of Riyadh high and intermediate school. The sample of this study consist 100 students. The researcher visited a school in the city of Riyadh high and intermediate school sections and that on December 10 to 11 to measure the impact of sleep disorders through a questionnaire that measures the effects of lack of sleep and then make them aware of the benefits of sleep and harm of lack of sleep from the physical and psychological effects, and it gave a lecture educate the students and then distribute them brochure contain the benefits and harmful effects of sleep.

Analysis and Results

The results of the study aimed at identifying sleep disorders and their impact on society will be presented in this section **(Tables 1-18)**.

Discussion

The paper aimed to study the effect of sleep disorders on the

Table 1 Relationship between the number of hours of sleep and the satisfaction of the sample members from sleep. The values of (Chi-Square) are a statistically significant value.

Crosstab				Do you sleep more than seven hours a day?		Total	Chi-Square
Age				Yes	No		
15-18	Are you satisfied with the amount of sleep you sleep?	Yes	Count	56	0	56	100.000[a]
			% within Do you sleep more than seven hours a day?	100.00%	0.00%	56.00%	
		No	Count	0	44	44	
			% within Do you sleep more than seven hours a day?	0.00%	100.00%	44.00%	
	Total		Count	56	44	100	
			% within Do you sleep more than seven hours a day?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	Yes	Count	61	0	61	95.841
			% within Do you sleep more than seven hours a day?	100.00%	0.00%	61.00%	
		No	Count	0	39	39	
			% within Do you sleep more than seven hours a day?	0.00%	100.00%	39.00%	
	Total		Count	61	39	100	
			% within Do you sleep more than seven hours a day?	100.00%	100.00%	100.00%	
a: Analysis							

Table 2 Relationship between the level of satisfaction with sleep and fatigue. The values of (Chi-Square) are a statistically significant value.

Crosstab							Chi-Square
Age				Do you always feel tired?		Total	
				Yes	No		
15-18	Are you satisfied with the amount of sleep you sleep?	Yes	Count	36	20	56	44.196ᵃ
			% within Do you always feel tired?	100.00%	31.3%	56.00%	
		No	Count	0	44	44	
			% within Do you always feel tired?	0.00%	68.8%	44.00%	
	Total		Count	36	64	100	
			% within Do you always feel tired?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	Yes	Count	38	23	61	39.186ᶜ
			% within Do you always feel tired?	100.00%	37.1%	61.00%	
		No	Count	0	39	39	
			% within Do you always feel tired?a day?	0.00%	62.9%	39.00%	
	Total		Count	38	62	100	
			% within Do you always feel tired?	100.00%	100.00%	100.00%	
a: Analysis							
c: chi-square							

Table 3 Relationship between satisfaction with the amount of sleep and difficulty concentrating. The values of (Chi-Square) are a statistically significant value.

Crosstab							Chi-Square
Age				Do you have difficulty concentrating?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	23	33	56	3.750ᵃ
			% within Do you have difficulty concentrating?	69.7%	49.3%	56.0%	
		NO	Count	10	34	44	
			% within Do you have difficulty concentrating?	30.3%	50.7%	44.0%	
	Total		Count	33	67	100	
			% within Do you have difficulty concentrating?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	28	33	61	24.863
			% within Do you have difficulty concentrating?	100.00%	45.8%	61.0%	
		NO	Count	0	39	39	
			% within Do you have difficulty concentrating?	0.0%	54.2%	39.0%	
	Total		Count	28	72	100	
			% within Do you have difficulty concentrating?	100.00%	100.00%	100.00%	
a: Analysis							

Table 4 Relationship between satisfaction with the amount of sleep and difficulty remembering. The values of (Chi-Square) are a statistically significant value.

Crosstab							Chi-Square
Age				Do you have difficulty remembering?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	36	20	56	44.196ᵃ
			% within Do you have difficulty remembering?	100.0%	31.3%	56.0%	
		NO	Count	0	44	44	
			% within Do you have difficulty remembering?	0.0%	68.8%	44.0%	
	Total		Count	36	64	100	
			% within Do you have difficulty remembering?	100.00%	100.00%	100.00%	

Crosstab							Chi-Square
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	31	30	61	28.724[c]
			% within Do you have difficulty remembering?	100.00%	43.5%	61.0%	
		NO	Count	0	39	39	
			% within Do you have difficulty remembering?	0.0%	56.5%	39.0%	
	Total		Count	31	69	100	
			% within Do you have difficulty remembering?	100.00%	100.00%	100.00%	

a: Analysis
c: chi-square

Table 5 Relationship between satisfaction with the amount of sleep and sleep affects you negatively. The values of (Chi-Square) are a statistically significant value.

Crosstab							Chi-Square
Age				Do you think that your lack of sleep affects you negatively?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	36	0	56	84.848[a]
			% within Do you think that your lack of sleep affects you negatively?	93.3%	0.0%	56.0%	
		NO	Count	4	40	44	
			% within Do you think that your lack of sleep affects you negatively?	6.7%	100.0%	44.0%	
	Total		Count	60	40	100	
			% within Do you think that your lack of sleep affects you negatively?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	38	23	61	39.186[c]
			% within Do you think that your lack of sleep affects you negatively?	100.00%	37.1%	61.0%	
		NO	Count	0	39	39	
			% within Do you think that your lack of sleep affects you negatively?	0.0%	62.9%	39.0%	
	Total		Count	38	62	100	
			% within Do you think that your lack of sleep affects you negatively?	100.00%	100.00%	100.00%	

a: Analysis
c: chi-square

Table 6 Relationship between satisfactions with the amount of sleep and feel sleepy. The values of (Chi-Square) are a statistically significant value.

Crosstab							Chi-Square
Age				Do you feel sleepy?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	56	0	56	84.848[a]
			% within Do you feel sleepy?	94.9%	0.0%	56.0%	
		NO	Count	3	41	44	
			% within Do you feel sleepy?	5.1%	100.0%	44.0%	
	Total		Count	59	41	100	
			% within Do you feel sleepy?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	47	14	61	56.697[c]
			% within Do you feel sleepy?	100.00%	26.4%	61.0%	
		NO	Count	0	39	39	
			% within Do you feel sleepy?	0.0%	73.6%	39.0%	
	Total		Count	47	53	100	
			% within Do you feel sleepy?	100.00%	100.00%	100.00%	

a: Analysis
c: chi-square

Table 7 Relationship between satisfactions with the amount of sleep and suffer from a chronic disease. The values of (Chi-Square) is a statistically significant value.

Crosstab							Chi-Square
Age				Do you suffer from a chronic disease?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	9	47	56	7.771[a]
			% within Do you suffer from a chronic disease?	100.0%	51.6%	56.0%	
		NO	Count	0	44	44	
			% within Do you suffer from a chronic disease?	0.0%	48.4%	44.0%	
	Total		Count	9	91	100	
			% within Do you suffer from a chronic disease?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	7	54	61	4.812[c]
			% within Do you suffer from a chronic disease?	100.00%	58.1%	61.0%	
		NO	Count	0	39	39	
			% within Do you suffer from a chronic disease?	0.0%	41.9%	39.0%	
	Total		Count	7	93	100	
			% within Do you suffer from a chronic disease?	100.00%	100.00%	100.00%	

a: Analysis
c: chi-square

Table 8 Relationship between satisfaction with the amount of sleep and s taking medication continuously. The values of (Chi-Square) are a statistically significant value.

Crosstab							Chi-Square
Age				Are you taking medication continuously?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	6	50	56	5.015[a]
			% within Are you taking medication continuously?	100.0%	53.2%	56.0%	
		NO	Count	0	44	44	
			% within Are you taking medication continuously?	0.0%	46.8%	44.0%	
	Total		Count	6	94	100	
			% within Are you taking medication continuously?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	5	56	61	3.365[c]
			% within Are you taking medication continuously?	100.00%	58.9%	61.0%	
		NO	Count	0	39	39	
			% within Are you taking medication continuously?	0.0%	41.1%	39.0%	
	Total		Count	5	95	100	
			% within Are you taking medication continuously?	100.00%	100.00%	100.00%	

a: Analysis
c: chi-square

Table 9 Relationship between satisfactions with the amount of sleep and drink enough drinks daily. The value of (Chi-Square) is a statistically significant value.

Crosstab							Chi-Square
Age				Do you drink enough drinks daily?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	44	12	56	61.735[a]
			% within Do you drink enough drinks daily?	100.0%	21.4%	56.0%	
		NO	Count	0	44	44	
			% within Do you drink enough drinks daily?	0.0%	78.6%	44.0%	
	Total		Count	44	56	100	
			% within Do you drink enough drinks daily?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	35	26	61	34.426[c]
			% within Do you drink enough drinks daily?	100.0%	40.0%	61.0%	
		NO	Count	0	39	39	
			% within Do you drink enough drinks daily?	0.0%	60.0%	39.0%	
	Total		Count	35	65	100	
			% within Do you drink enough drinks daily?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 10 Relationship between satisfaction with the amount of sleep and smoker. The value of (Chi-Square) is a statistically significant value.

Crosstab							Chi-Square
Age				Are you a smoker?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	5	51	56	4.135[a]
			% within Are you a smoker?	100.0%	53.7%	56.0%	
		NO	Count	0	44	44	
			% within Are you a smoker?	0.0%	46.3%	44.0%	
	Total		Count	5	95	100	
			% within Are you a smoker?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	2	59	61	1.305[c]
			% within Are you a smoker?	100.0%	60.2%	61.0%	
		NO	Count	0	39	39	
			% within Are you a smoker?	0.0%	39.8%	39.0%	
	Total		Count	2	98	100	
			% within Are you a smoker?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 11 Relationship between satisfactions with the amount of sleep and suffer from insomnia. The value of (Chi-Square) is a statistically significant value.

Crosstab							Chi-Square
Age				Do you suffer from insomnia?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	16	40	56	14.966[a]
			% within Do you suffer from insomnia?	100.0%	47.6%	56.0%	
		NO	Count	0	44	44	
			% within Do you suffer from insomnia?	0.0%	52.4%	44.0%	
	Total		Count	16	84	100	
			% within Do you suffer from insomnia?	100.00%	100.00%	100.00%	

Crosstab						Chi-Square
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	15	46	61	
			% within Do you suffer from insomnia?	100.0%	54.1%	61.0%	14.816
		NO	Count	0	39	39	
			% within Do you suffer from insomnia?	0.0%	45.9%	39.0%	
	Total		Count	15	85	100	
			% within Do you suffer from insomnia?	100.0%	100.0%	100.0%	

a: Analysis

Table 12 Relationship between satisfactions with the amount of sleep and suffer from snoring. The value of (Chi-Square) is a statistically significant value.

Crosstab				Do you suffer from snoring?		Total	Chi-Square
Age				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	9	47	56	
			% within Do you suffer from snoring?	100.0%	51.6%	56.0%	7.771[a]
		NO	Count	0	44	44	
			% within Do you suffer from snoring?	0.0%	48.4%	44.0%	
	Total		Count	9	91	100	
			% within Do you suffer from snoring?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	9	52	61	
			% within Do you suffer from snoring?	100.0%	57.1%	61.0%	6.323[c]
		NO	Count	0	39	39	
			% within Do you suffer from snoring?	0.0%	42.9%	39.0%	
	Total		Count	9	91	100	
			% within Do you suffer from snoring?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 13 Relationship between satisfactions with the amount of sleep and suffer from frequent nightmares. The value of (Chi-Square) is a statistically significant value.

Crosstab				Do you suffer from frequent nightmares?		Total	Chi-Square
Age				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	17	39	56	
			% within Do you suffer from frequent nightmares?	100.0%	47.0%	56.0%	16.093[a]
		NO	Count	0	44	44	
			% within Do you suffer from frequent nightmares?	0.0%	53.0%	44.0%	
	Total		Count	17	83	100	
			% within Do you suffer from frequent nightmares?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	16	45	61	
			% within Do you suffer from frequent nightmares?	100.0%	53.6%	61.0%	12.178[c]
		NO	Count	0	39	39	
			% within Do you suffer from frequent nightmares?	0.0%	46.4%	39.0%	
	Total		Count	16	84	100	
			% within Do you suffer from frequent nightmares?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 14 Relationship between satisfaction with the amount of sleep and disturbances affect studies. The value of (Chi-Square) is a statistically significant value.

Crosstab				Do these disturbances affect your studies?		Total	Chi-Square
Age				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	30	26	56	33.673[a]
			% within Do these disturbances affect your studies?	100.0%	37.1%	56.0%	
		NO	Count	0	44	44	
			% within Do these disturbances affect your studies?	0.0%	62.9%	44.0%	
	Total		Count	30	70	100	
			% within Do these disturbances affect your studies?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	26	35	61	22.463[c]
			% within Do these disturbances affect your studies?	100.0%	47.3%	61.0%	
		NO	Count	0	39	39	
			% within Do these disturbances affect your studies?	0.0%	52.7%	39.0%	
	Total		Count	26	74	100	
			% within Do these disturbances affect your studies?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 15 Relationship between satisfaction with the amount of sleep and hours a day frequently. The value of (Chi-Square) is a statistically significant value.

Crosstab				Do you sleep less than four hours a day frequently?		Total	Chi-Square
Age				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	11	45	56	9.711[a]
			% within Do you sleep less than four hours a day frequently?	100.0%	50.6%	56.0%	
		NO	Count	0	44	44	
			% within Do you sleep less than four hours a day frequently?	0.0%	49.4%	44.0%	
	Total		Count	11	89	100	
			% within Do you sleep less than four hours a day frequently?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	16	45	61	12.178[c]
			% within Do you sleep less than four hours a day frequently?	100.0%	53.6%	61.0%	
		NO	Count	0	39	39	
			% within Do you sleep less than four hours a day frequently?	0.0%	46.4%	39.0%	
	Total		Count	16	84	100	
			% within Do you sleep less than four hours a day frequently?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 16 Relationship between satisfactions with the amount of sleep and rate less than 90%. The value of (Chi-Square) is a statistically significant value.

Crosstab				Is your rate less than 90%?		Total	Chi-Square
Age				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	24	32	56	24.812[a]
			% within Is your rate less than 90%?	100.0%	42.1%	56.0%	
		NO	Count	0	44	44	
			% within Is your rate less than 90%?	0.0%	57.9%	44.0%	
	Total		Count	24	76	100	
			% within Is your rate less than 90%?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	28	33	61	24.863[c]
			% within Is your rate less than 90%?	100.0%	53.6%	61.0%	
		NO	Count	0	39	39	
			% within Is your rate less than 90%?	0.0%	54.2%	39.0%	
	Total		Count	28	72	100	
			% within Is your rate less than 90%?	100.0%	100.0%	100.0%	
a: Analysis c: chi-square							

Table 17 Relationship between satisfaction with the amount of sleep and difficult to make a decision. The value of (Chi-Square) is a statistically significant value.

Crosstab				Do you find it difficult to make a decision?		Total	Chi-Square
Age				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	51	5	56	81.778[a]
			% within Do you find it difficult to make a decision?	100.0%	42.1%	56.0%	
		NO	Count	0	44	44	
			% within Do you find it difficult to make a decision?	0.0%	89.8%	44.0%	
	Total		Count	51	49	100	
			% within Do you find it difficult to make a decision?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	47	14	61	56.697[c]
			% within Do you find it difficult to make a decision?	100.0%	26.4%	61.0%	
		NO	Count	0	39	39	
			% within Do you find it difficult to make a decision?	0.0%	73.6%	39.0%	
	Total		Count	47	53	100	
			% within Do you find it difficult to make a decision?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

Table 18 Relationship between satisfactions with the amount of sleep and suffer from frequent (nervous) loss of control. The value of (Chi-Square) is a statistically significant value.

Crosstab							Chi-Square
Age				Do you suffer from frequent (nervous) loss of control?		Total	
				YES	NO		
15-18	Are you satisfied with the amount of sleep you sleep?	YES	Count	49	7	56	75.490[a]
			% within Do you suffer from frequent (nervous) loss of control?	100.0%	13.7%	56.0%	
		NO	Count	0	44	44	
			% within Do you suffer from frequent (nervous) loss of control?	0.0%	86.3%	44.0%	
	Total		Count	49	51	100	
			% within Do you suffer from frequent (nervous) loss of control?	100.00%	100.00%	100.00%	
12-15	Are you satisfied with the amount of sleep you sleep?	YES	Count	48	13	61	59.016[c]
			% within Do you suffer from frequent (nervous) loss of control?	100.0%	25.0%	61.0%	
		NO	Count	0	39	39	
			% within Do you suffer from frequent (nervous) loss of control?	0.0%	75.0%	39.0%	
	Total		Count	48	52	100	
			% within Do you suffer from frequent (nervous) loss of control?	100.0%	100.0%	100.0%	

a: Analysis
c: chi-square

community. The results of the study indicated that there is a relationship between the number of hours of sleep and the satisfaction of the sample members from sleep. The values of (Chi-Square) are a statistically significant value. There is a relationship between the level of satisfaction with sleep and fatigue. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and difficulty concentrating. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and difficulty remembering. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and sleep affects you negatively. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfactions with the amount of sleep and feel sleepy. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and suffer from a chronic disease. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and s taking medication continuously. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and drink enough drinks daily. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and smoker. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and suffer from insomnia. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and suffer from snoring. The values of (Chi-Square) are

a statistically significant value. There is a relationship between satisfaction with the amount of sleep and suffer from frequent nightmares. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and disturbances affect studies. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and hours a day frequently. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and rate less than 90%. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfactions with the amount of sleep and difficult to make a decision. The values of (Chi-Square) are a statistically significant value. There is a relationship between satisfaction with the amount of sleep and suffer from frequent (nervous) loss of control. The value of (Chi-Square) is a statistically significant value. Sleep disorders or insomnia include difficulty sleeping and prolonged sleep for long hours. It is one of the most common medical problems. Who suffer from insomnia, wake up from sleep and remain inactive and uncomfortable, which affects their performance during the day. Insomnia not only affects the level of energy and mood, but also harms health, quality of work performance and quality of life.

Conclusion

Sleep is necessary for learning processes associated with learning. Lack of sleep limits a person's ability to think and solve the problem effectively, which means that people who wake up for a long time influence them to learn at an effective level. Lack of sleep affects the ability of thinking and can limit your ability to accurately interpret events, which can be difficult to respond

correctly to situations in which effective decision-making is intelligent. The lack of sleep, even for one night can lead to swelling of the eyes and turn the skin into pale skin. If a person continues to set a steady schedule that promotes sleep loss, permanent damage to the dark circles under the eyes and skin and the increase of pale lines on the face will continue. Everyone needs a different number of sleep hours. Adults often need seven to eight hours of sleep each night. More than a third of adults are insomniac in a given period, 10-15% complains of long-term (chronic) sleep disorders. We also find sleep problems in children very common. However, there is no need to suffer long nights of insomnia problem and its consequences. A simple change in daily habits may solve insomnia and restore the necessary rest.

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