



## **Breaking the cycle: The effects of insomnia on Holistic well being**

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### **Abstract:**

Insomnia, a prevalent sleep disorder, significantly impacts holistic well-being, affecting physical mental, and emotional health. This condition disrupts sleep patterns, leading to fatigue, cognitive impairment, emotional instability, and a heightened risk of chronic illnesses such as cardiovascular diseases and diabetes. Beyond physical health, insomnia erodes mental health, increasing susceptibility to anxiety, depression, and stress. The effects extend further, influencing interpersonal relationships, work productivity, and overall quality of life. This paper explores the multifaceted consequences of insomnia, emphasizing the interconnectedness of sleep with various dimensions of well-being. It also highlights evidence-based approaches to breaking the cycle of insomnia through lifestyle modifications, cognitive-behavioral therapy, and integrative practices such as mindfulness and stress management. A deeper understanding of insomnia's holistic impact underscores the importance of prioritizing sleep health in fostering overall wellness.

Key words: Insomnia, Holistic, Well-being, , cognitive-behavior

### **Introduction**

Insomnia also known as sleeplessness, is a sleep disorder where people have trouble sleeping. They may have difficulty in falling asleep or staying asleep for as long as desired. It may result in increased in risk of all kinds of problems in focusing and learning. Insomnia can be short term, lasting for days or weeks, or lasting more than a month. It can be more affected to the youngsters because their lack of sleep, due to mobile usage of overnight and work pressure they had. 10% of the population experienced insomnia, people can feel different problems it includes stress, mental illness, sometimes it also changes your day to day life activities.



### **Review of literature:**

**Rebecca A Bernert, Katherine A Merrill et'al (2007)**, the study prospectively investigated the association between family life stress and insomnia symptoms, the study conducted between the age group of 17-22 years. The results were revealed that negative family life events, together with academic stress, predicted the highest levels of insomnia.

**CY Sing, Wing Sze Wong (2010)**, the study examined the prevalence of insomnia and its psychosocial correlates among students. The results were 68.6% of the respondents were insomniacs. Adjusted regression analyses revealed that optimism, stress, and depression significantly predicted insomnia.

**Jesus Lopez-Torres Hidalgo et'al(2012)**, the aim of the study were to determine the true frequency of primary insomnia, the results provide a true picture of the prevalence of insomnia in older adults on the basis of diagnostic criteria and indicate that it is a widespread, significant health problem.

**Mohammad Alqudah, Samar AM Balousha et'al(2019)**, the study focuses on students impact on academic performance, the result might be useful for future research into the development of interventional strategies to help students get enough sleep quantity and quality.

**Theodora Claudia Gheonea, Carmen-Nicoleta Oancea et'al (2023)**, the study focuses on quality of life, well-being and psycho-emotional balance, the stress among the respondents and emotional eating are also generated by inadequate rest, reduced physical activity, and a diet that does not help the efficient detoxification of the body.

### **Scope of the Study**

The study is based on impact of insomnia on holistic well being of working peoples life and how it change their life.

### **Objectives:**

- To analyze how people know about Insomnia
- To examine the impact of Insomnia on Physical health
- To analyze the impact on people's social life
- To analyze the impact of working people's

### **Research Methodology:**

- Research design - Exploratory research
- Sample size - 207 respondents



- Data collection
- Primary data - Structured questionnaire

Secondary data - Journals and websites.

### **Tools of Analysis**

- Percentage analysis

### **Limitations of the study**

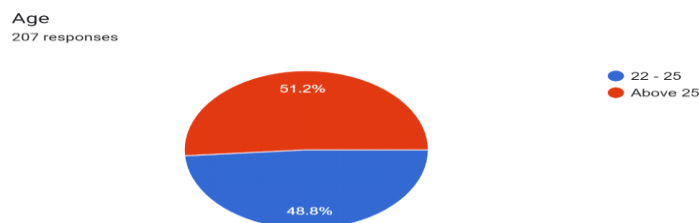
- Time was the major constraints of the study
- The study only focuses on working people
- The study was conducted between chennai city.

### **Analysis and Interpretation of Data**

Table no: 1

AGE	NO.OF RESPONDENTS	PERCENTAGE
22-25	106	51.2%
Above 25	101	48.8%
Total	207	100%

Source: Primary Data- Questionnaire



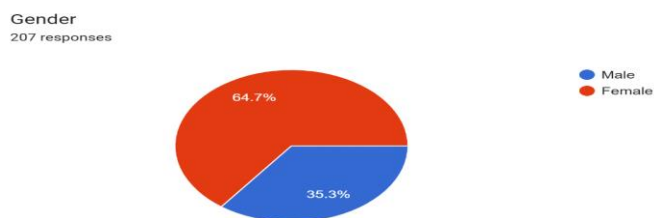
Inference: From the above table and chart it is inferred that the majority of the respondents were from the age between 22-25.



Table no: 2

Gender	No.of respondents	Percentage
Male	73	35.3%
Female	134	64.7%
Total	207	100%

Source: Primary data-Questionnaire



Inference: From the above table and chart it is inferred that the female respondents are more than male respondents.

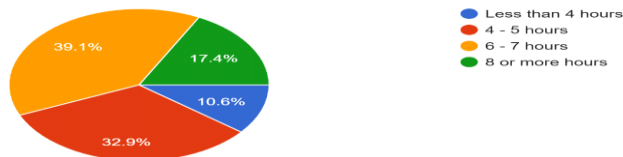
Table no: 3

How many hours of sleep	No.of respondents	Percentage
Less than 4 hours	22	10.6%
4-5 hours	68	32.9%
6-7 hours	81	39.1%
8 or more hours	36	17.4%
Total	207	100%

Source: Primary data-Questionnaire



How many hours of sleep do you typically get on an average night?  
207 responses



Inference: The above table shows that 32.9% of the people have 4-5 hours of sleep were 10.6% of the people have only less than 4 hours of sleep.

Table no: 4

Difficulty in falling and staying asleep	No.of respondents	Percentage
Difficulty falling asleep	47	22.7%
Difficulty Staying asleep	102	49.3%
Both	58	28%
Total	207	100%

Source: Primary data-Questionnaire

Do you have difficulty falling asleep, staying asleep or both ?  
207 responses



Inference: From the above table it is inferred that the majority of the people finds difficulty in staying asleep as well as falling asleep

Table no 5

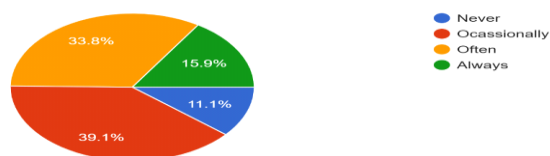
Insomnia affect your productivity at work	No.of respondents	Percentage
Never	23	11.1%
Occasionally	81	39.1%
Often	70	33.8%



Always	33	15.9%
Total	207	100%

Source: Primary data-Questionnaire

How often does insomnia affect your productivity at work or school?  
207 responses



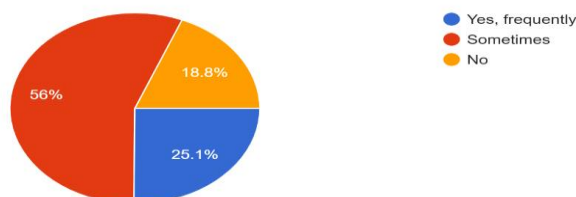
Inference: The above table inferred that the 39.1% of the respondents were says that their productivity at work place is affected occasionally because of Insomnia

Table no 6

Trouble at getting back to sleep	No.of respondents	Percentage
Yes, frequently	52	25.1%
Sometimes	116	56%
No	39	18.8%
Total	207	100%

Source: Primary data-Questionnaire

Do you have trouble getting back to sleep after waking up during the night?  
207 responses



Inference: It is inferred that 25.1% of the respondents have trouble getting back to sleep frequently.

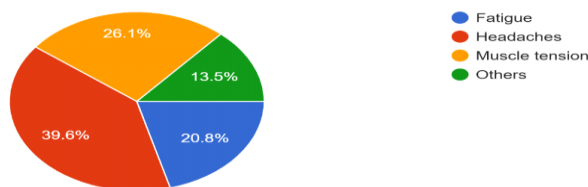
Table no 7



Physical symptoms due to Insomnia	No.of respondents	Percentage
Fatigue	43	20.8%
Headaches	82	39.6%
Muscle Tension	54	26.1%
Others	28	13.5%
Total	207	100%

Source: primary data-Questionnaire

Do you experience any of the following physical symptoms due to insomnia ? (Check all that apply)  
207 responses



Inference: From the above table it is inferred that 39.6% of the respondents experienced the headaches

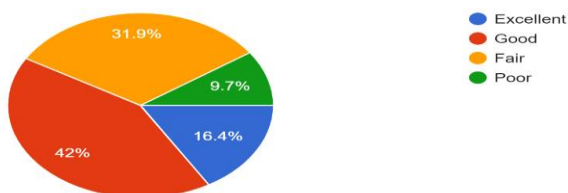
Table no 8

Rate your overall mental health in past month	No.of respondents	Percentage
Excellent	34	16.4%
Good	87	42%
Fair	66	31.9%
Poor	20	9.7%
Total	207	100%

Source: Primary data-Questionnaire



How would you rate your overall mental health in the past month ?  
207 responses



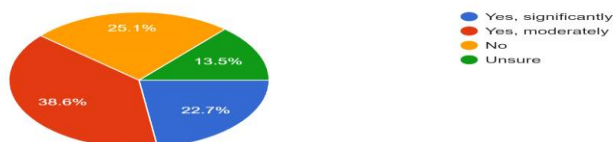
Inference: The above table shows that majority of the respondents have good mental health in the past month

Table No 9

Insomnia affected your quality of life	No.of respondents	Percentage
Yes, significantly	47	22.7%
Yes, moderately	80	38.6%
No	52	25.1%
Unsure	28	13.5%
Total	207	100%

Source: Primary data-Questionnaire

Do you think insomnia has affected your overall quality of life?  
207 responses



Inference: From the above table it is inferred that the 38.6% of the respondents says that their quality of life affected moderately because of Insomnia

Table no 10

How severe health effects of Insomnia	No. of respondents	Percentage
Very severe	49	23.7%
Somewhat severe	82	39.6%

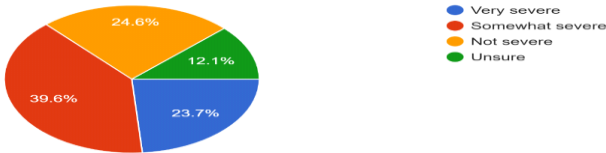




Not severe	51	24.6%
Unsure	25	12.1%
Total	207	100%

Source: Primary data-Questionnaire

In your opinion, how severe are the long-term health effects of insomnia?  
207 responses



Inference: The chart shows that the 12.1% of the respondents were unsure about the Insomnia’s effect on health.

Crosstabs:

Table 1

Crosstab -							
			How would you rate your overall mental health in the past month				
			Excellent	Good	Fair	Poor	
Age	22-25	Count	17	39	29	10	95
		Age	17.9%	41.1%	30.5%	10.5%	100.0%
		Overall mental health	50.0%	47.0%	44.6%	52.6%	47.3%
		% of Total	8.5%	19.4%	14.4%	5.0%	47.3%
	Above 25	Count	17	44	36	9	106
		Age	16.0%	41.5%	34.0%	8.5%	100.0%
		overall mental health	50.0%	53.0%	55.4%	47.4%	52.7%
		% of Total	8.5%	21.9%	17.9%	4.5%	52.7%
Total		Count	34	83	65	19	201
		Age	16.9%	41.3%	32.3%	9.5%	100.0%



	overall health	mentally	100.0%	100.0%	100.0%	100.0%	100.0%
	% of Total		16.9%	41.3%	32.3%	9.5%	100.0%

Inference: From the above table above 25 age group 52.6% of the respondents said that their overall mental health in past month is poor.

**Table 2**

			Do you think insomnia has affected your overall quality life.				
			Yes significant ly	Yes, moderate ly	No	Unsure	
AGE	22-25	Count	20	45	16	14	95
		Age	21.1%	47.4%	16.8%	14.7%	100.0%
		affected quality of life	44.4%	59.2%	30.8%	50.0%	47.3%
		% of Total	10.0%	22.4%	8.0%	7.0%	47.3%
	Above 25	Count	25	31	36	14	106
		Age	23.6%	29.2%	34.0%	13.2%	100.0%
		affected quality of life	55.6%	40.8%	69.2%	50.0%	52.7%
		% of Total	12.4%	15.4%	17.9%	7.0%	52.7%
Total		Count	45	76	52	28	201
		Age	22.4%	37.8%	25.9%	13.9%	100.0%
		affected quality of life	100.0%	100.0%	100.0%	100.0%	100.0%
		% of Total	22.4%	37.8%	25.9%	13.9%	100.0%

Inference: The above mentioned table shows that 22-25 age group 44.4% of the respondents agrees that the insomnia is significantly affected their overall quality of life.



Table 3

Crosstab							
			How severe are the long-term health effects of insomnia				Total
			Very severe	Somewhat severe	Not severe	unsure	
Age	22-25	Count	19	43	24	9	95
		Age	20.00%	45.30%	25.30%	9.50%	100.00%
		Severe effects of insomnia	39.60%	53.80%	50.00%	36.00%	47.30%
		% of Total	9.50%	21.40%	11.90%	4.50%	47.30%
	Above 25	Count	29	37	24	16	106
		Age	27.40%	34.90%	22.60%	15.10%	100.00%
		Severe effects of insomnia	60.40%	46.30%	50.00%	64.00%	52.70%
		% of Total	14.40%	18.40%	11.90%	8.00%	52.70%
	Total	Count	48	80	48	25	201
		Age	23.90%	39.80%	23.90%	12.40%	100.00%



	Severe effects of insomnia	100.00%	100.00%	100.00%	100.00%	100.00%
	% of Total	23.90%	39.80%	23.90%	12.40%	100.00%

Inference: The above mentioned table shows that above 25 age group 60.4% of the respondents agree that the effects of insomnia is very severe. Age group of 22-25 of 50.0% of the respondents said that effects of insomnia is not severe.

## FINDINGS

- 49.3% of the respondents have difficulty in staying asleep
- 39.1% of the people says that their productivity at work is affected occasionally because of insomnia
- 56% of the respondents have trouble at getting back to sleep after waking during the night
- 39.6% of the respondents experiences headaches as a physical symptom due to insomnia
- 23.7% of the people says that insomnia is a very severe health disorder.

## Suggestions

- People should get quality time with their families more than their mobile phones. Now a days mobile phones are the major disadvantage for the sleep cycle.
- The future generations should know about insomnia and its effects on human health.

## Conclusion

The purpose of this research was to identify how insomnia is affected peoples health and its impact on working peoples life. Based on analysis it is concluded that most of the people somewhere affected because of insomnia. Their day to day activities also affected because of this. People have to take more care about their health. They also need to be aware of what are the problems thier health should face because of their carelessness. The research concluded with most of the people were affected by insomnia.

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