

The prevalence of insomnia types in students of Ardabil University of Medical Sciences.

**Abstract:**

**Background and Aim:** Disorder in sleeping cycle not only threatens human health, but also damages social interactions and causes several socio-psychological abnormalities. It seems that some specific criteria suffer more from insomnia, which need particular attention. Thus we decided to study different kinds of insomnia in students of Ardebil university of Medical Sciences.

**Method:** 500 students of Ardebil University of Medical Sciences in different courses were chosen randomly for the study by their university registration numbers and the standard questionnaires of insomnia were handed over to them along with demo-graphical information. Then the information's of these questionnaires were entered into statistical analysis software's.

**Result:** 468 students participated in this study, 62.8% of cases were female and 37.2% of them were male. Age average was  $23.91 \pm 3.06$ . 231 of 468 student suffered from insomnia (49.4%) 168 of which lived in the dormitory (53.7%) and 63 of which lived in their houses (40.6%). 53.4% of the sufferers were female and this statistical difference was noticeable. Most sufferers of insomnia were students of medicine (61.7%). there was no relation between employment or marital status and insomnia.

**Conclusion:** In this study it was found that insomnia is very common among students and also that medicine students were potentially more susceptible to insomnia. Also shelter and sex status were effective in insomnia spread. Daily consequences of insomnia that cause obvious exhaustion during daytime can lead to student's weaker performances

**Key words:**

Sleep Disorder, Medical student, insomnia, DSM-IV-TR