

ABSTRACT

Title: Effect of Sleep Special Technique on Chronic Auto-Immune Disorder (Diabetes).

Background: Sleep determines many aspects of our life like mood, life-style changes, behavior etc. which is very much important for the people. Whereas, most of the sleep related problems are found in diabetic patients worldwide. There are previous studies, which show improvement in the quality of sleep by the practice of meditation and different types of yoga practices.

Aim: To evaluate the effect of sleep special technique on sleep quality of patients suffering from chronic Auto Immune disorders (Diabetes).

Methods and Materials: A total of 81 diabetic patients participated in the study and only 62 were able to successfully complete in the study. Those diabetic patients were randomly allocated into two groups, Experimental group n=32 and Control group n=30. Experimental group practiced one week of Sleep Special Technique and control group had not exposure to the technique during this period. Problem area in Diabetes (PAID), Sleep Scale of Medical Outcomes (SSMOS), Sleep Locus of Control Scale (SLOC), and a Visual Scale questionnaire were administered to the participants, before and after one week of SST for Experimental group and one-week gap was given for control group.

Results: After one week of SST result showed the significant improvement in PAID Score ($p < .001^{**}$), Sleep Locus of control part-1 ($p < .001^{**}$), and Sleep Locus of control part-2 showed no significant improvement, where as there is significant change in all domains of SSMOS Scale and Visual scale ($p < .001^{*}$) in experimental group compared to control group.

Conclusion: One week course of SST has a significant positive effect on overall sleep quality, quality of life and Life-style behavior in Diabetic Patients.

Key words: YOGA, SLEEP QUALITY, PAID, SLOC, SSMOS, VISUAL SCALE, DIABETES.