

ABSTRACT

Title: Immediate Effect of Sleep Special Technique on HRV (Heart Rate Variability) in yoga practitioners.

Background:

Sleep is an indicator of health. Sleep determines many aspects of our life like mood, Cognitive functions such as attention and working memory, homeostasis, learning, concentration etc. Sleep is very essential for the academic progress in college students; whereas most of the sleep related problems are found in college students.

Aim:

To find the Immediate Effect of Sleep Special Technique on HRV (Heart Rate Variability) in yoga practitioners. Methods and Material: This is a two-group self as control study, with 36 volunteers from a Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) Yoga Institute Msc & Bsc students. To some we have given SST first and then Silent Sitting after two days of washout period. Main outcome measures were overall HRV, Blood Pressure and Respiration Rate along with Fatigue. Assessments were done at the base line, and after the intervention.

Results:

Significant changes have been observed in Blood Pressure and Respiration Rate, it also shows great reduction in Fatigue, as such no significant changes have been observed in HRV

Conclusion:

Sleep Special Technique show significant change in Blood Pressure and Respiration Rate, it also shows great reduction in Fatigue. There is not significant change in HRV. Future similar studies should focus on larger sample size and randomized controlled design.

Key words: Sleep, Yoga, College Students, HRV