

ABSTRACT

Title: Effect of Sleep Special Technique on Hypertensive Patients: A Randomized Controlled Study.

Background: Many aspects of our life such as mood, cognitive function such as attention and working memory, homeostasis, learning, concentration etc. are determined by sleep. Sleep Deprivation shows significant increase in blood pressure and sympathetic nervous system functions and hypertension may lead cardiovascular disease. Yoga contributes to a greater extent in this regard. Yoga has been found to be useful in improving much health related problems sleep, and depression.

Aim: Aim of the study is to evaluate the effect of Sleep Special Technique (SST) on Hypertensive Patients.

Methods and Materials: A total of 60 participants at Arogyadhama both male and female; divided equally into experimental and control group. Experimental group practiced one week of Sleep Special Technique and the control group had no exposure to SST. Medical Outcome Study – Sleep Scale (MOS-SS), Chalder Fatigue Scale (CFS), Sleep Locus of Control Scale (SLCS), Short Depression & Happiness Scale (SDHS) and Sphygmomanometer were administered to the participants before and after one week of SST for experiment group and the one-week gap was given for control group.

Results: Between-group comparisons revealed that sleep disturbance, sleep adequacy, sleep short of breath/ headache, sleep somnolence, snoring, sleep problem index I, sleep problem index II, sleep quantity, mental and physical symptoms of fatigue, internal and chance sleep locus of control, systolic and diastolic blood pressure showed the significantly better change in the yoga group as compared to the control group, but optimal sleep and negative emotions scores did not show significant improvement in either of the group.

Conclusion: SST beneficial in improving sleep quality, sleep adequacy, removing physical and mental symptoms of fatigue, and sleep-related locus of control, normalizing the blood pressure in the hypertensive patients. It helps reduce snoring and various other sleep-related problems such as sleep disturbance and sleep somnolence.

Key words: Yoga, Sleep, MOS-SS, CFS, SLCS, SDHS, Sphygmomanometer, Patients.