

Assessment and Predictors of Sleep Quality among Elderly Population in Jodhpur: A cross-sectional study: Reg No: 316

Sweta Sharma, Prem Prakash Sharma, Naveen Dutt, Naveen K.H., Manoj Kumar Gupta, Srikanth Srinivasan

All India Institute of Medical Sciences Jodhpur

CORRESPONDING AUTHOR

Dr Sweta Sharma, All India Institute of Medical Sciences Jodhpur

Email: swetasharma3106@gmail.com

CITATION

Sharma Sweta, Sharma Prem Prakash, DuttNaveen, K.H. Naveen, Gupta Manoj Kumar, Srinivasan Srikanth. Assessment and Predictors of Sleep Quality among Elderly Population in Jodhpur: A cross-sectional study: Reg No: 316. Journal of the Epidemiology Foundation of India. 2025;3(2Suppl):34.

DOI: <https://doi.org/10.56450/JEFI.2025.v3i2Suppl.034>

ARTICLE CYCLE

Received: 10/11/2025; Accepted: 20/12/2026; Published: 31/12/2025

This work is licensed under a Creative Commons Attribution 4.0 International License.

©The Author(s). 2026 Open Access

ABSTRACT

Background: Sleep quality tends to deteriorate with age, impacting both physical and mental well-being in older adults. While numerous factors can influence sleep patterns, limited evidence exists from urban settings in Rajasthan, particularly Jodhpur. **Objectives:** This study aimed to assess the sleep quality among the elderly population in urban Jodhpur and to examine the association between various predictors and sleep quality within this population. **Methods:** A community-based cross-sectional study was conducted among 215 elderly individuals (aged 60 years and above) from urban Jodhpur. The Geriatric Depression Scale-15 (GDS-15) was used to measure depression symptoms, while the Pittsburgh Sleep Quality Index (PSQI) was used to measure sleep quality. In order to evaluate the variables that can influence the quality of sleep, a structured questionnaire was also utilized. Binary logistic regression and descriptive statistics were used to find factors that predicted poor sleep quality. **Results:** Among the 215 participants, 116 (53.9%) were found to have poor sleep quality (PSQI >5). In adjusted analysis, taking one medication (AOR: 2.43; 95% CI: 1.11–5.31; $p = 0.014$) and frequent night-time awakenings due to health or environmental factors (AOR: 2.76; 95% CI: 1.30–5.87; $p = 0.005$) were significantly associated with poor sleep quality. No significant associations were found with age, gender, BMI, education, depressive symptoms, alcohol use, or physical activity. **Conclusion:** More than half of the elderly population in urban Jodhpur reported poor sleep quality, with significant associations identified with health-related and behavioral factors. Integrating routine sleep assessments into geriatric care and implementing community-based interventions could significantly improve the well-being of this population.

KEYWORDS

Sleep quality, elderly, Pittsburgh Sleep Quality Index, geriatric health, depression, urban Jodhpur, behavioral factors