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The prevalence of sleep disorders in adults: a descriptive population-based study in Western Uttar Pradesh: Reg No: 438

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ABSTRACT

Background: Sleep-related disorders are increasingly recognized as important contributors to non-communicable diseases, particularly cardiovascular conditions. Disorders such as obstructive sleep apnea (OSA), insomnia, and poor sleep quality are linked with hypertension, diabetes, obesity, and physical inactivity. Despite their growing significance, community-based data from India, especially Western Uttar Pradesh, are limited. Early detection through simple screening tools like the STOP-BANG questionnaire can facilitate timely intervention and reduce disease burden. **Aims & Objectives: Aim:** To assess the prevalence of sleep-related disorders and their association with cardiovascular risk factors.Objectives: (1) To estimate the prevalence of sleep-related disorders; (2) To determine the prevalence of cardiovascular risk factors; (3) To assess their association **Methodology:** A community-based cross-sectional study was conducted among 1600 adults aged 30–70 years in four districts of Western Uttar Pradesh using multistage random sampling. Data were collected using validated tools including the Global Sleep Assessment Questionnaire, Pittsburgh Sleep Quality Index, STOP-BANG questionnaire, Epworth Sleepiness Scale, and Global Physical Activity Questionnaire. Anthropometric and clinical measurements were recorded. **Results:** Sleep-related breathing disorders and insomnia were observed in 37% and 36% of participants, respectively. Poor sleep quality was reported by 23.9%, and 11% had daytime dysfunction. OSA prevalence (STOP-BANG ≥3) was 11.8%, significantly higher among males ($p<0.001$). Overweight/obesity (34.3%), hypertension (19.3%), and diabetes (12.3%) were common. Significant associations were found between sleep disorders and cardiovascular risk factors. **Conclusion:** Sleep-related disorders are highly prevalent and strongly associated with cardiovascular risk factors. Health practitioners should be aware of this high prevalence, as early identification and treatment can improve quality of life and may reduce later morbidity and mortality.

KEYWORDS

sleep-related disorders, obstructive sleep apnea, cardiovascular risk factors,