



# IJRASET

International Journal For Research in  
Applied Science and Engineering Technology



# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

**Volume:** 12    **Issue:** XI    **Month of publication:** November 2024

**DOI:** <https://doi.org/10.22214/ijraset.2024.65650>

[www.ijraset.com](http://www.ijraset.com)

Call:  08813907089

E-mail ID: [ijraset@gmail.com](mailto:ijraset@gmail.com)

# Effect of Yoga on Quality of Sleep among Middle Aged Adults - A Pilot Study

Annapurna K<sup>1</sup>, Ashna Kallingal Akar<sup>2</sup>

<sup>1</sup>Academy of Medical Sciences Pariyaram,

<sup>2</sup>MES Medical College, Perinthalmanna

## I. BACKGROUND

The Yoga asanas or postures basically are stretching exercises. When it is coupled with breath control, the oxygen carrying blood is rushed to all parts of the body. The fatigue and stress of day long travel/work and stress disappear, there is perceptible elevation of mood and feel good situation. Yoga stimulates the parasympathetic system, this also helps in better sleep quality.

## II. OBJECTIVE

To assess the effect of Yoga on quality of sleep in middle aged adults.

## III. MATERIALS AND METHODS

- 1) Study Design: Descriptive study
- 2) Study Setting: Kaavilbhavan yoga center, Payyanur, Kerala, India
- 3) Study Period: 1 month. August 2018. Study Population: 30 middle- aged adults, who have enrolled for yoga classes under a certified trainer at kaavilbhavan, Payyanur, Kerala.
- 4) Study Tool: Pittsburgh Sleep Quality Index (PSQI). The questionnaire will be used twice, once in the beginning, and second time at the end of one month of regular yoga.

## IV. RESULTS

On comparing mean values of PSQI, before and after Yoga, it was found that PSQI component changed significantly with a p value of <0.001. The mean values of PSQI before Yoga was found to be higher than the PSQI after Yoga.

## V. CONCLUSION

There has been found to be an improvement in quality of sleep following one month of Yoga.

Keywords: Middle-age; Quality of Sleep; Yoga; Pittsburgh Sleep Quality Index (PSQI).



10.22214/IJRASET



45.98



IMPACT FACTOR:  
7.129



IMPACT FACTOR:  
7.429



# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089  (24\*7 Support on Whatsapp)