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

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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

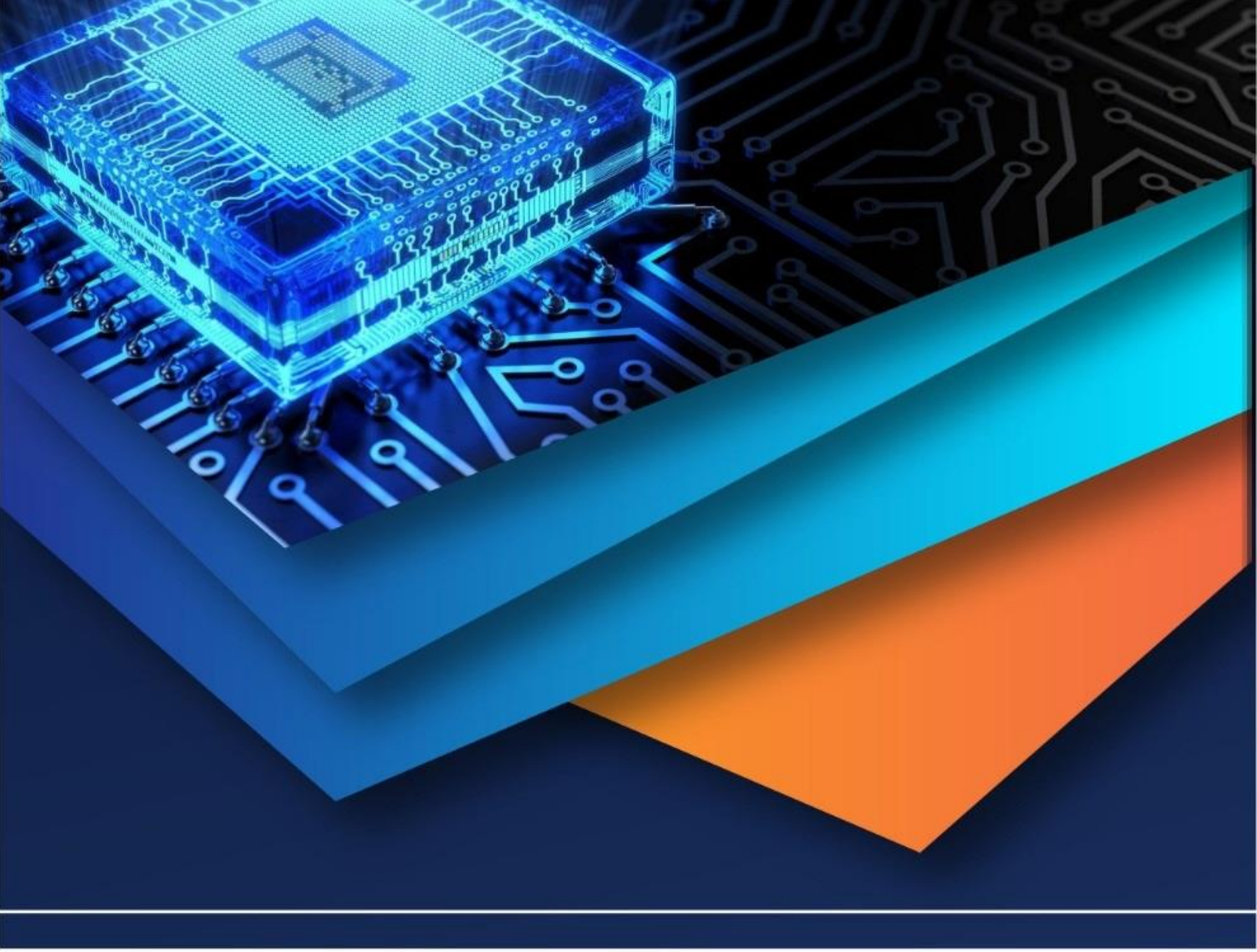
On comparing mean values of PSQI, before and after Yoga, it was found that PSQI component changed significantly with a p value of <0.001. The mean values of PSQI before Yoga was found to be higher than the PSQI after Yoga.

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).

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