

عنوان مقاله:

COMPARISON OF THE EFFECT OF DOUGH (TRADITIONAL YOGURT DRINK) CONSUMPTION ON THE IMPROVEMENT OF SLEEP DIORDER SYMPTOMS AMONG PEOPLE WITH MILD, MODERATE AND SEVERE SLEEP DISORDERS

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Mahtab Rajabi Jourshari - *Student Research Committee, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran*

Sima Jafarirad - *Assistant Professor, Faculty member, Nutrition and Metabolic Diseases Research Center, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran*

خلاصه مقاله:

Background and Aim: Sleep quality plays an important role in human physical and mental health and may be affected by food intake. This interventional study was aimed to compare the effect of doogh intake in university students with different degrees of sleep disorder. **Methods:** This clinical trial study was conducted on 20 university students living in dormitory of Ahvaz Jundishapur University of Medical Sciences in 2018. Students with sleep disorder have been identified using Sleep Petersburg Questionnaire (a valid sleep disorder questionnaire). Subsequently, the participants were divided into first, second and third tertile, based on the general score of the questionnaire, that indicated mild, moderate and severe sleep disorder respectively. Then participants consumed 300 mL of doogh for three weeks, an hour before bedtime at night. At the end of the study, the Sleep Petersburg Questionnaire was completed again. The paired t-test was used to compare the mean of sleep disorder indices in each group of mild, moderate and severe sleep disorder, before and after intervention. **Results:** Results showed a decrease in the indicators of sleep latency and sleep disturbances; sleep quality and overall sleep efficiency also increased, but this improvement was significant only in severe sleep disorder group ($p = 0.001$, $p = 0.013$, $p = 0.048$, $p = 0.012$ respectively). **Conclusion:** This study, confirmed more effectiveness of doogh consumption in severe sleep disorder. Therefore, the effect of doogh .compared with sleeping pills could be investigated in these individuals in future

کلمات کلیدی:

sleep disorder, doogh, student

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