CHAPTER 8

PUBLICATION
PUBLICATIONS

1. Manuscript Entitled "Sleep Deprivation Predisposes Gujarati Indian Adolescents To Obesity" under the first authorship of Wasim Shaikh and co-authorship of Minal Patel and SK Singh has been accepted for publication in the Indian Journal of Community Medicine and will be published in July-Sept 2009 issue.

Abstract

Background & Aim: Recent studies in various populations indicate that lack of sleep is one of the potential risk factor predisposing the youth to obesity. Since there is a significant rise in obesity among the Indian youth and because research indicating the role of sleep in development of obesity among Indian population are scant, the current study was therefore undertaken to assess the effect of sleep duration on adiposity among the Gujarati Indian adolescents. Materials & Method: A randomized cross-sectional study was done on 489 voluntarily participating Indian adolescents of age group 16-19 years. The participants were grouped into two categories 1. Adequate Sleep Duration at Night (> Seven hours, ASDN) and 2. Inadequate Sleep Duration at Night (< Seven hours, IASDN) as reported by the participants. The participants were later assessed for 1. Adiposity in terms of BMI, BF %( Bioelectrical impedance), FM, FMI and waist circumference, 2. The meal frequency per day and 3. Physical activity status. Results: In both boys as well as girls, the BMI, BF%, FM and FMI were significantly lower in the ASDN group than the IASDN group. However there was an insignificant difference in the meal frequency and physical activity status between the ASDN and IASDN group. Conclusion: Inadequate Sleep duration increases adiposity among the Gujarati Indian adolescents but further studies are required to find out the mechanisms through which sleep affects adiposity in this population.

Keywords: Sleep Duration, Gujarati Indian Adolescents, Obesity