

Effects Of Brisk Suryanamaskar on Sleep Quality Among Nursing

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ABSTRACT

Background: Nursing interns often experience high occupational stress and disrupted sleep due to intensive clinical postings and rotating shift duties. These factors commonly lead to irregular sleep patterns, insomnia, impaired daytime functioning, reduced academic performance, and decreased overall well-being. Short-duration Brisk Surya Namaskar has been shown to match the intensity of moderate aerobic exercise and may serve as an effective non-pharmacological intervention for improving sleep. Therefore, this study aimed to evaluate the effect of Brisk SuryaNamaskar on sleep quality among nursing interns.

Material and Methodology: Quasi Experimental Study was done on 63 nursing interns (18-25 years) who were selected using purposive sampling. Participants were evaluated for their sleep quality using Pittsburgh Sleep Quality Index (PSQI) and performed Brisk SuryaNamaskar for 6 days a week for 4 weeks.

Result: The mean PSQI score significantly decreased from 8.67 (pre-test) to 4.06 (post-test) following brisk SuryaNamaskar practice among nursing interns, indicating improved sleep quality. The reduction was found to be statistically highly significant ($p < 0.001$), suggesting that the intervention effectively enhanced sleep quality from poor to good levels.

Conclusion: By incorporating Brisk SuryaNamaskar which is an non-pharmacological intervention which is given in the form of Aerobic exercises i.e. (HIGH INTENSITY EXERCISES) and by doing it for shorter period of time has a significant effect for improving sleep quality.

Keywords: Brisk SuryaNamaskar, Nursing Interns, Sleep Quality.