

40. SLEEP DISORDERS AND ACADEMIC PERFORMANCES OF MEDICAL STUDENTS

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Introduction. Sleep medicine is a field that has grown exponentially over the last 25 years. The interest arose both around doctors and the general population. This was due to the impact of sleep on human functions and subsequent long-term health. Sleep disorders of medical students have become a worrying problem, as they increase the risk of comorbidities, affecting the human psyche and physique not only during the university period, but also can have an impact on the future medical career.

Aim of study. The aim of this study is to research and analyze sleep disorders that appear among medical students and to evaluate their influence on academic success.

Methods and materials. Google scholar, Hinari, PubMed

Results. The results of the study confirm that students face stress factors such as overwork during lessons, long class hours and concerns about academic performance. Traditionally, medical students deal with mental and physical overload, such as dissections of human corpses and serious illnesses of patients. When associated with stress, management difficulties may arise and may lead to the onset of burnout and sleep disorders in the life of medical students. Moreover, burnout and sleep disturbances can influence each other, triggering negative feedback. The burnout student is generally defined by three characteristics: a high level of emotional exhaustion, high cynicism and low academic effectiveness. They can promote sleep disorders such as insomnia and daytime sleepiness, which in turn aggravate burnout and academic performance.

Conclusion. According to the results, medical students should review the factors predisposing to sleep disorders, recognize the first symptoms and carry out the primary management by the student or the secondary one by the specialist in sleep. Sleep can lead to or is associated with different psychosomatic or somatopsychological pathologies, in fact every doctor should be properly trained in this field. The diagnosis and preventive treatment of sleep disorders requires the involvement of the patient, doctor, family and society.