

Changes in sleep quality during COVID-19: Results of the Russian online survey on spring 2020

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Introduction:

The Russian Federation reported one of the largest number of COVID-19 infections. Major restrictions (social distancing, travel bans, event cancellation, changes to work practices) were introduced on the 28th March 2020 with the level of restrictions varied depending on the epidemiology of the virus from region to region. Purpose is to estimate the impact of COVID-19 on sleep among adults in Russia.

Methods:

The NMRC TPM conducted a national online-survey 'Study of the impact of restrictions on physical activity of the population in self-isolation due to COVID-19'. Data were collected during the period of tightest restriction through the country between 26 April 2020 and 6 June 2020. A link on the online survey was distributed through the regional center of public health. Sleep quality was assessed by comparing the period before the COVID-19 and the last 7 days.

Results:

In spring 2020, 2432 completed questionnaires from 62 regions of Russia were received. There was a predominance of female respondents (86.6%), the average age was 33.6 ± 14.9 years and 38.2 ± 13.1 years for men and women, respectively. The majority of completed questionnaires were received from the Republic of Tatarstan ($n = 804$), Irkutsk ($n = 474$), Sakhalin ($n = 225$) and Tver regions ($n = 152$). Compare pre-COVID to during COVID there was a significant decline in the number of days per week participants reported not getting enough sleep (3.21 ± 2.44 to 2.86 ± 2.57 ; $p < 0.001$) and participants also reported an increase in the number of days per week they had trouble falling asleep (1.70 ± 2.24 to 2.13 ± 2.48 ; $P < 0.001$). The number of days participants waking up earlier than wanted before and during the pandemic has not changed ($2,6 \text{ D}$, $2,59$ ($p < 0,5$)).

Conclusions:

Effective health promotion strategies directed at adopting or maintain positive health related behaviors such as targeted social media messaging and balanced media reporting, should be used to maintain healthy sleep during these unprecedented times.

Key messages:

- Changes in sleep quality during COVID-19 identified as a result of the online-survey 'Study of the impact of restrictions on physical activity of the population in self-isolation due to COVID-19'.
- Effective health promotion strategies directed at adopting or maintain positive health related behaviors should be used to maintain healthy sleep during COVID-19 pandemic.