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ASSESSMENT OF NUTRITIONAL MANAGEMENT OF SLEEPLESSNESS, DIZZINESS AND SNORING AMONG POSTGRADUATES STUDENTS IN UNIVERSITY OF BENIN, NIGERIA

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Abstract

This study was carried out to assess the nutritional management of sleeplessness, dizziness and snoring among vocational and Technical Education (Faculty of Education) Postgraduates students in UNIBEN. The survey type research design was adopted for the study. The study population consisted of 174 postgraduate students from the Department of Vocational and Technical Education (VTE), University of Benin, out of which 122 postgraduate students were drawn through a multistage sampling technique consisting of proportionate, stratified and simple random sampling technique. Structured questionnaire validated and tested for reliability was used for data collection. Data collected were sorted, coded and analysed using SPSS software version 20.0. Three research questions guided the study. Descriptive statistics of percentage count was used to answer the research questions raised. The study found Faculty of Education postgraduate students have high knowledge of how to manage sleeplessness and snoring, but low knowledge of how to manage dizziness nutritional. Based on the findings, the researcher recommended that the Department of Vocational and Technical Education should intensify her efforts in equipping postgraduates with requisite knowledge to manage sleeplessness; a general course on nutritional management of common health and lifestyle problems should be introduced at master's degree level in the department of Vocational and Technical Education; and postgraduate students should further be encouraged to study research findings of other scholars in order to improve their knowledge on issues such as snoring, which are not taught in the classroom.

Keywords: Knowledge, Nutrition Management, Sleeplessness, Snoring, Dizziness, Post-Graduate Students.

Introduction

Nutrition is defined by the World Health Organisation (2013) as the intake of food, considered in relation to the body's dietary needs. It is the science that relates food to appropriate functioning of the human body. It includes the processes by which the human body deals with the intake of food and how the body processes the substances (nutrients) in the food consumed for growth, development and maintenance of life (Elsevier Inc., 2017). The food eaten and those avoided have much to do with sleeplessness, dizziness and snoring. This is because through healthy eating habits, certain disorders such as sleeplessness and dizziness can be prevented or managed (Katagiri, Asakura, Kobayashi, Suga, & Satoshi, 2014).

Sleep is a physiological process that occurs in humans and animals and is defined as a recurrent state of reduced attention to the surrounding environment. The most important functions of sleep are the restoration of body functions, synthesis of proteins, and the prevention of lethargy. Sleep

is believed to be an important time for restorative processes in the brain and to enhance new learning and memory consolidation. The anabolic role of sleep can be seen in the increased level of growth hormone present during sleep and it is therefore an important part of life (Xie, et al., 2013).

On the basis of brain activity, sleep has two main phases: non-rapid eye movement which has four sub-phases and rapid eye movement. The order of these phases creates sleep cycle of about 90 minutes and repeats three to five times a night and should maintain health; therefore has a great physiological and psychological importance (Klockars & Porkka-Heiskanen, 2009). However, the average sleep time for an adult is determined by individual basal sleep need, age, gender and sleep debt over a time (Bonnet & Arand, 2003; Morgenthaler, 2014). Although some people may feel rested with a few hours of sleep per night, studies show that reduced hours of sleep is associated with low performance on complex mental tasks (Morgenthaler, 2014).

Sleeplessness in adults refers to sleep that is shorter than the average basal need of 7 to 8 hours per night (Colten & Altevogt, 2006). Forquer, Camden, Gabriau and Johnson (2008) in their study conducted among postgraduate students reported that 33 percent of sleep deprived students took longer than 30 minutes to fall asleep, and 43 percent prematurely woke up more than once on a nightly basis. Thus, sleeplessness is predicated on lowered sleep quality and quantity (Morgenthaler, 2014) characterised by excessive daytime sleepiness in addition to poor memory, poor concentration, and depressed mood (Colten & Altevogt, 2006), sleeplessness is due to poor sleep behaviours, illness, environmental factors, or other causes, including drug abuse (National Sleep Foundation, 2014).

Proper nutrition has been found effective in the management of sleeplessness. For instance, a high intake of fish and vegetables was associated with good sleep quality, whereas a high intake of confectionary and noodles was associated with poor sleep quality, as evidenced by a high global Pittsburg Sleep Quality Index score. Moreover, reduced consumption of energy drinks and sugar-sweetened beverages was associated with good sleep quality. Avoiding eating patterns indicative of poor dietary habits can be a good way to manage sleeplessness. For instance, taking breakfast regularly was strongly associated with good sleep quality compared with skipping breakfast. In the same vein, avoiding the use of alcoholic, caffeinated and energy drinks have been found effective in the management of sleeplessness (Hershner & Chervin, 2014).

Dizziness refers to various abnormal sensations, and describes an uncomfortable, disturbed state of orientation in space. It is often used to describe two different feelings—light-headedness and vertigo. Light-headedness is a feeling that one is about to faint or pass out. Although one may feel dizzy, one does not feel as though one's surroundings are moving. Light-headedness often goes away or improves when one lies down. If light-headedness gets worse, it can lead to a feeling of almost fainting or a fainting spell (syncope). One may sometimes feel nauseated or vomit when

one is lightheaded (Kartush, et al., 2010; Bland & Messenger, 2015). Vertigo on the other hand, is a feeling that one or his/her surroundings is moving when there is no actual movement. The person may feel as though he/she is off balance, spinning, whirling, falling, or tilting. When a person has severe vertigo, he/she may feel very nauseated or vomit. He/she may have trouble walking or standing, and may lose his/her balance and fall (WebMD; Kartush, et al., 2010).

Lack of proper nutrition can also lead to dizziness. Research has shown that carbohydrates are commonly found in grains, fruits, and vegetables. Carbohydrates are broken down into glucose (sugar) which is where the brain gets its energy. Fluctuating levels of carbohydrates may cause dizziness. Amelia Willson (2018) reported that taking adequate proportion of energy foods per time is important in the management of dizziness. In the same vein, Johansson, et al. (2009) suggested that it is not just the quantity of the food that matters, but the quality of the food. Thus, the author reported that low energy diet should be avoided.

Some postgraduate students snore during sleep. Snoring may be defined as the act of making a sound that is audible to another individual during sleep; it occurs due to vibrations of anatomic structures of the pharyngeal airway. Research has shown that snoring is a sleep disorder. Snoring also known as sleep apnea is a disorder of interrupted breathing during sleep. It usually occurs in association with fat build up or loss of muscle tone with aging. These changes allow the windpipe to collapse during breathing when muscles relax during sleep. This problem, called *obstructive sleep apnea*, is usually associated with loud snoring (though not everyone who snores has this disorder). Sleep apnea also can occur if the neurons that control breathing malfunction during sleep there is no exact mechanism behind the development of snoring, but established risk factors include age, overweight and central obesity, measured as a large neck or waist circumference. Weight gain is followed by a higher incidence of snoring, while the absence of obesity is associated with an increased likelihood of remission from habitual snoring. Studies have also revealed an association between snoring, alcohol consumption and cigarette smoking (Park & Shin, 2005; Svensson, Lindberg, Naessen, & Nagayoshi, et al., 2011).

As the risk of becoming overweight increases when energy input is larger than the energy output; therefore, energy balance is key to controlling snoring. Furthermore, any single dietary factor is unlikely to have a great effect on weight control; rather, many of them exert a modest effect on the body weight, the cumulative effect of which may result in weight gain. In order to control snoring, a balanced diet, including proteins, carbohydrates, fats, water, vitamins and minerals in the right proportions was recommended.

Statement of the Problem

The researcher's interaction with other postgraduate students in the Department of Vocational and Technical Education, University of Benin revealed that many of them have sleepless night due to heavy snoring of their roommates. A few others complain of dizziness while trying to read

or carry out other tasks. The researcher also observed that the workload of many of the postgraduate students deprives them adequate sleep on a daily basis, their knowledge of the essentials of sleep for performance of daily tasks notwithstanding. Furthermore, many of the students seem not to know that sleeplessness, snoring and dizziness can be treated by taking appropriate nutritional foods and avoiding certain foods. Little is documented in literature on how much students know about the management of sleeplessness, dizziness and snoring. It is against this background that the study assesses the level of knowledge of nutritional management of sleeplessness, dizziness and snoring among postgraduate students of University of Benin.

- i. What is the level of knowledge of nutritional management of sleeplessness among Faculty of Education postgraduates in University of Benin?
- ii. What is the level of knowledge of nutritional management of dizziness among Faculty of Education postgraduates in University of Benin?
- iii. What is the level of knowledge of nutritional management of snoring among Faculty of Education postgraduates in University of Benin?
- iv. What are the sources of knowledge of nutritional management of sleeplessness, dizziness and snoring among faculty of Education postgraduate students?

Research Question

The following research questions guided the study;

Purpose of the Study

The main purpose of the study is to assess the level of knowledge of nutritional management of sleeplessness, dizziness and snoring among postgraduate students of the University of Benin.

Specifically, the study attempted to:

- i. Determine the level of knowledge of nutritional management of sleeplessness among Faculty of Education postgraduates in University of Benin;
- ii. Assess the level of knowledge of nutritional management of dizziness among Faculty of Education postgraduates in University of Benin; and
- iii. Investigate the level of knowledge of nutritional management of snoring among Faculty of Education postgraduates in University of Benin.
- iv. Assess the sources of knowledge of nutritional management of sleeplessness, dizziness and snoring among faculty of Education postgraduate students?

Significance of the Study

The findings of this paper will be beneficial to students, health workers, nutrition educators, researchers, food and nutrition curriculum planners and policy makers. The findings of this paper will go a long way in providing useful information as regards nutritional management of sleeplessness, snoring and dizziness. The recommendations of this paper will be beneficial to students as it will improve their dietary practices. This will help in correcting their poor dietary

habits as well as help them develop lifelong eating patterns using the dietary guideline. Finally, this paper will serve as literature material for researchers who are interested in working on the management of sleeplessness, snoring and dizziness.

Scope and Delimitation of the Study

This paper is focused on nutritional management of sleeplessness, snoring and dizziness. It will be delimited to postgraduate students of Vocational and Technical Education, Faculty of Education in the 2016/2017 academic session.

Methodology

Design of the Study

The research design for this study is the survey design. Thus an appreciable number of postgraduate students were recruited to participate in the study.

Population of study

The population for this study consists of all the postgraduate students in the Department of Vocational and Technical Education (VTE), University of Benin. It includes PhD students and Masters Students in the 2016/2017 academic session. There are a total of 174 postgraduate students in the session.

Sample and Sampling Techniques

The sample comprised 174 postgraduate students in the Department of Vocational and Technical Education (VTE), University of Benin through a purposive sampling technique.

Research Instrument

A structured questionnaire titled "Assessment of Level of Knowledge of Nutritional Management of Sleeplessness, Dizziness and Snoring among Postgraduate Students" (ALKNMSDSPGS) in the University of Benin was developed by the researcher based on the objectives of the study and used for data collection. The instrument comprised two sections—A and B. Section A sought information on the demographic characteristics of the respondents while section B dealt with the specific objectives of the study. Responses to items were based on a 4-point modified Likert rating scale ranging from very high extent (VHE) = 4 points, high extent (HE) = 3 points, low extent (LE) = 2 points, and very low extent (VLE) = 1 point. The instrument was validated by three experts from related fields in University of Benin. Reliability of the instrument was established using test-retest technique. The results of the two administrations were analysed using Pearson's Product Moment Correlation, and it yielded a high positive correlation coefficient (r) of 0.73.

Procedures for Data Collection

The instrument was administered with the help of two trained research assistants. Ethical principles guiding the use of human participants in research was upheld throughout the conduct of the study. Participation in the study was made voluntary and informed consent was obtained from each participant in the study. The researcher kept confidential all the information supplied by the research participants, while also ensuring the privacy of the participants. The researcher made sure where possible that the completed copies of the questionnaire were collected back

or carry out other tasks. The researcher also observed that the workload of many of the postgraduate students deprives them adequate sleep on a daily basis, their knowledge of the essentials of sleep for performance of daily tasks notwithstanding. Furthermore, many of the students seem not to know that sleeplessness, snoring and dizziness can be treated by taking appropriate nutritional foods and avoiding certain foods. Little is documented in literature on

Results

Research Question One: What is the level of knowledge of nutritional management of sleeplessness among Faculty of Education postgraduates in University of Benin?

Table 1: Percentile analysis of knowledge of nutritional management of sleeplessness among Faculty of Education postgraduates in University of Benin

S/N	ITEMS	VHE (%)	HE (%)	High Knowled ge (%)	LE (%)	VLE (%)	Low Knowledge (%)
1.	One should avoid confectionary foods in order to enjoy sleep.	41 (33.6)	23 (18.8)	64 (52.4)	29 (23.8)	29 (23.8)	58 (47.6)
2.	Alcoholic drinks should be avoided as much as possible to have quality sleep.	34 (27.9)	34 (27.9)	68 (55.8)	27 (22.1)	27 (22.1)	54 (44.2)
3.	To manage sleeplessness, consumption of noodles should be reduced.	45 (36.9)	24 (19.7)	69 (56.6)	23 (18.9)	30 (24.6)	53 (43.4)
4.	In order to sleep well, one must avoid skipping breakfast.	47 (38.5)	27 (22.1)	74 (60.6)	22 (18)	26 (21.3)	48 (39.4)
5.	Eating regularly is key to controlling sleeplessness.	34 (27.9)	27 (22.1)	61 (50)	20 (16.4)	41 (33.6)	61 (50)
6.	Good nutrition keeps body healthy, thereby promoting sleep.	20 (16.4)	19 (15.6)	39 (32)	28 (23)	55 (45)	83 (68)
7.	To control sleeplessness coffee should be avoided.	24 (19.7)	23 (18.9)	47 (38.6)	27 (22.1)	48 (39.3)	75 (61.4)
8.	Taking balanced diet enhances sleep.	32 (26.2)	36 (29.5)	68 (55.7)	19 (15.6)	35 (28.7)	54 (44.3)
9.	Sleeplessness can be controlled by avoiding cigarette smoking.	80 (65.6)	16 (13.1)	96 (78.7)	7 (5.7)	19 (15.6)	26 (21.3)
10.	Reducing the quantity of heavy foods consumed controls sleeplessness.	67 (54.9)	21 (17.2)	88 (72.1)	13 (10.7)	21 (17.2)	24 (27.9)
11.	One should avoid energy drinks in order to enjoy sleep.	58 (47.5)	19 (15.6)	77 (63.1)	15 (12.3)	30 (24.6)	45 (36.9)
$\bar{X}$ (%)				68 (55.7)			54

Table 1 shows that the mean of postgraduate students with high knowledge of nutritional management of sleeplessness was 68 (55.7%) compared to 54 (44.3%) with low knowledge of nutritional management of sleeplessness. This implies that the level of knowledge of nutritional management of sleeplessness is high among Faculty of Education postgraduates in University of Benin.

Research Question Two: What is the level of knowledge of nutritional management of dizziness among Faculty of Education postgraduates in University of Benin?

Table 2: Percentile analysis of knowledge of nutritional management of dizziness among Faculty of Education postgraduates in University of Benin

S/N	ITEMS	VHE (%)	HE (%)	High Knowl dge (%)	LE (%)	VLE (%)	Low Knowledg e (%)
1.	Lack of proper nutrition can also lead to dizziness.	32 (26.2)	19 (15.6)	51 (41.8)	11 (9)	60 (49.2)	71 (58.2)
2.	Fluctuating levels of carbohydrates may cause dizziness.	35 (28.7)	10 (8.2)	45 (36.9)	23 (18.9)	54 (44.3)	77 (63.1)
3.	Dizziness is related to malnutrition	70 (57.4)	24 (19.7)	94 (77)	9 (7.4)	19 (15.6)	28 (23)
4.	Eating regularly helps to control dizziness.	32 (26.2)	19 (15.6)	51 (41.8)	20 (16.4)	51 (41.8)	71 (58.2)
5.	Management of dizziness is enhanced by energy balance	18 (14.8)	15 (12.3)	33 (27)	15 (12.3)	74 (60.7)	89 (73)
$\bar{X}$ (%)				55 (45.1)			67 (54.9)

Table 2 shows that the mean of postgraduate students with high knowledge of nutritional management of dizziness was 55 (45.1%) compared to 67 (54.9%) with low knowledge of nutritional management of dizziness. This implies that the level of knowledge of nutritional management of dizziness is low among Faculty of Education postgraduates in University of Benin.

Research Question Three: What is the level of knowledge of nutritional management of snoring among Faculty of Education postgraduates in University of Benin?

Table 3: Percentile analysis of knowledge of nutritional management of snoring among Faculty of Education postgraduates in University of Benin

S/ N	ITEMS	VHE (%)	HE (%)	High Knowle dge (%)	LE (%)	VLE (%)	Low Knowled ge (%)
1.	Reduced intake of foods high in carbohydrate helps in the management of snoring.	62 (50.8)	11 (9)	73 (59.8)	11 (9)	38 (31.1)	49 (40.2)
2.	One should feed on balanced diet in order not to snore while sleeping.	63 (51.6)	9 (7.4)	72 (59)	15 (12.3)	35 (28.7)	50 (41)
3.	Alcoholic drinks should be avoided as much as possible so as not to snore while sleeping.	65 (53.3)	13 (10.7)	78 (63.9)	16 (13.1)	28 (23)	44 (36.1)
4.	Cigarette smoking is a risk factor to snoring while sleeping.	56 (45.9)	14 (11.5)	70 (57.4)	13 (10.7)	39 (32)	52 (42.6)
5.	Excessive intake of fatty foods makes one snore.	33 (27)	12 (9.8)	45 (36.9)	37 (30.3)	40 (32.8)	77 (63.1)
$\bar{X}$ (%)				68 (55.7)			54 (44.3)

Table 3 shows that the mean of postgraduate students with high knowledge of nutritional management of snoring was 68 (55.7%) compared to 54 (44.3%) with low knowledge of nutritional management of snoring. This implies that a higher proportion of Faculty of Education postgraduates have high knowledge of how to manage snoring by taking appropriate nutrition. This implies that the level of knowledge of nutritional management of snoring is high among Faculty of Education postgraduates in University of Benin.

Research Question Four: What are the sources of knowledge of nutritional management of sleeplessness, dizziness and snoring?

Table 4: Percentile analysis of sources of knowledge of nutritional management of sleeplessness, dizziness and snoring among faculty of Education Postgraduates in University of Benin.

S/N	Sources	Frequency	Percentage
22	Mass Media	38	31.1
23	Friends and Relatives	37	30.3
24	Journals	25	20.5
25	Books	12	9.8
26	Health awareness programme	7	5.7
27	Others	3	2.5
	Total	122	100

Table 4 shows that mass media (31.1%) followed by friends and relatives (30.3%) and then journals (20.5%) largely accounted for the sources of knowledge of the nutritional management of sleeplessness, dizziness and snoring among faculty of Education postgraduate in University of Benin. Health awareness programme on the other hand contributed only 5.7% of knowledge. A few other postgraduate students (2.5%) signified other sources including classroom, lecture and doctors.

Findings of the Study

The findings of this study can be summarized as follows-

1. The level of knowledge of nutritional management of sleeplessness is high among Faculty of Education postgraduates in University of Benin.
2. The level of knowledge of nutritional management of dizziness is low among Faculty of Education postgraduates in University of Benin.
3. The level of knowledge of nutritional management of snoring is high among Faculty of Education postgraduates in University of Benin.
4. The sources of level of nutritional knowledge are high among Faculty of Education postgraduates in University of Benin.

Discussion

Results showed that the level of knowledge of nutritional management of sleeplessness and snoring was high among Faculty of Education postgraduates in University of Benin. The result is expected given the fact that a good number of the respondents were offering their postgraduate programme in home economics. That 55.7 per cent of the respondent have high knowledge of nutritional management of sleeplessness and snoring is slightly lower than 60 percent reported by Klara, Carolyn, and Kingman (2002) in a similar study among primary care physicians.

The result also revealed that the level of knowledge of nutritional management of dizziness was low among Faculty of Education postgraduates in University of Benin. The researcher is of the

opinion that the finding is expected, in that the respondents recruited for the study are mostly students, which are put under the stress of undergoing an advanced degree programme, and believed that they can only manage dizziness by taking regular breaks. Amelia willson (2018) has investigated the role of diets in the management of dizziness, and a healthier diet tends to correlate with better sleep but anti-inflammatory foods in particular can stave off sleep. Examples include leafy greens, bananas and avocado, and healthy fats like fish. To the best of the researcher's knowledge, this is the first study to investigate the knowledge of nutritional management of dizziness using validated questionnaires.

Conclusion

It can be concluded that whereas the level of knowledge of nutritional management of sleeplessness and snoring is high among Faculty of Education postgraduates, the level of knowledge is low for dizziness, most of them consumed processed and junk food low in iron. This mean that they are not taking adequate nutrients, that is food that can promote iron contents but utter the iron intake which will lead to reduction in haemoglobin cell in the body. This always leads to anaemia which is the course of dizziness in human being of any age.

Recommendations

Based on the findings, the following recommendations were made:

1. The Department of Vocational and Technical Education should intensify efforts in equipping postgraduates in the department with the knowledge on how to manage sleeplessness with diet.
2. In order to increase the level of knowledge on how to manage dizziness with nutrition, a general course on nutritional management of common health and lifestyle problems should be introduced at master degree level in the department of Vocational and Technical Education.
3. Postgraduate students should further be encouraged to study research findings of other scholars in order to improve their knowledge on issues such as snoring, which are not taught in the classroom.
4. Postgraduate students should be aware of some vital sources of nutritional knowledge on how to manage sleeplessness, dizziness and snoring, such as books, nutrition journals, direct knowledge, history and awareness.

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