

**Sleep patterns and quality in Pakistani adults: A Letter to the Editor**

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The thought-provoking article by Al-Abri et al. set an example of a sleep pattern's effect on the overall health of a population<sup>1</sup>. The study perfectly encapsulated the diversity of sleep patterns amongst people and the direct effects of sleep quality and patterns on the participants' well-being.

Sleep is a naturally recurring physiological state where the body reduces its awareness of environmental triggers and processes internal stimuli. Adequate sleep is a corporal necessity, where a lack of sleep and undetected sleep ailments prove inimical to healthiness and public safety<sup>2</sup>. Furthermore, a sufficient sleep period isn't the only prerequisite for healthy sleep. Good sleep quality, proper timing, periodicity, and no presence of sleep disturbances are equally momentous<sup>3</sup>.

Low-quality sleep can weaken the immune system, causing various diseases and affecting neurocognition. Short sleep and unhealthy sleeping practices are also linked with cardiometabolic diseases such as hypertension. Short and long sleep habits can only be assessed by monitoring participants' sleep patterns<sup>4</sup>.

Understandably, the vitality of conducting a similar study in Pakistan can be estimated.

Although there have been a few studies depicting the quality of sleep amongst the junior (house) medical officers in Pakistan and correlating sleep disorders among the general population, none have been identified that measure sleep quality regarding patterns and their direct effect on the participants' health and wellbeing.

Considering Pakistan is a Muslim-majority nation, with 96.2% of Muslims making up the total population<sup>5</sup>, such studies should be highly regarded on account of the unique habituations and sleep schedules amongst Muslim countries (owning to five daily obligatory prayers)<sup>1</sup> as the sleep patterns highlighted in Al-Abri et al.'s study will be more pronounced and better measured. The dire need for such studies in Pakistan stems from the .....

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fact that 79.28% of the general educational community had a sleep disturbance<sup>6</sup>.

Therefore, it is recommended that researchers go for a general survey via a cross-sectional study to gather essential statistics for further evaluating risk factors due to such sleeping habits.

Said study conducted in Pakistan, in line with the methodology and approach used by Al-Abri et al., will open gateways to gathering a cohort about the role of sleep patterns and quality in producing cardiometabolic, neurological, and other health risks in the country. Such an evaluation is valuable in a country with an almost 17.5% general prevalence of cardiovascular diseases<sup>7</sup>. The results can be compartmentalized into those caused by disturbances in sleep quality and patterns.

**Keywords:** Sleep, sleep pattern, sleep quality, short-sleep, Pakistan, Pakistani adults, epidemiology.

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