Age

196 responses



Out of 196 responses

1. The minimum age is 18 years. The average age is 26 years

Profession

196 responses



Out of 196 responses

1. Maximum number of participants are Students. Max number is 68

Gender

196 responses



Out of 196 responses

1. Total no of responses 196
2. 35.82 % are male
3. 64.18 % are female

Are you willing to participate in this study?

196 responses



Out of 196 responses

1. 2.49 % participants said No
2. 97.51 % participants said Yes

Did your work schedule and daily routine change during lockdown?

196 responses



Out of 196 responses

1. 11.4 % participants said No
2. 88.56 % participants said Yes

I feel tense, nervous, restless or agitated?

196 responses



Out of 196 responses

1. 3.98% participants said Frequently
2. 7.96 % participants said Half the time
3. 26.37 % participants said Never
4. 59.20 % participants said Sometimes
5. 2.49 % participants said Always

I feel afraid for no apparent reason

196 responses



Out of 196 responses

1. 3.98% participants said Frequently
2. 7.46 % participants said Half the time
3. 43.78 % participants said Never
4. 59.20 % participants said Sometimes
5. 16.91 % participants said Always

I worry about bad things that might happen to me or those I care about

196 responses



Out of 196 responses

1. 6.97% participants said Frequently
2. 8.96 % participants said Half the time
3. 36.82 % participants said Never
4. 41.79 % participants said Sometimes
5. 5.47 % participants said Always

I have difficulty falling asleep, staying asleep or waking up early

196 responses



Out of 196 responses

1. 11.44% participants said Frequently
2. 7.46 % participants said Half the time
3. 32.84 % participants said Never
4. 42.79 % participants said Sometimes
5. 5.47 % participants said Always

I have difficulty eating too much, too little or digesting my food

196 responses



Out of 196 responses

1. 4.98% participants said Frequently
2. 7.96 % participants said Half the time
3. 46.27 % participants said Never
4. 38.31 % participants said Sometimes
5. 2.49 % participants said Always

I wish I knew a way to make myself more relaxed

196 responses



Out of 196 responses

1. 9.45% participants said Frequently
2. 12.44 % participants said Half the time
3. 24.38 % participants said Never
4. 38.81 % participants said Sometimes
5. 14.93 % participants said Always

I have difficulty with my concentration, memory of thinking

196 responses



Out of 196 responses

1. 6.47% participants said Frequently
2. 9.95 % participants said Half the time
3. 39.80 % participants said Never
4. 41.29 % participants said Sometimes
5. 2.49 % participants said Always

I would say I am anxious much of the time

196 responses



Out of 196 responses

1. 5.47% participants said Frequently
2. 5.97 % participants said Half the time
3. 38.31 % participants said Never
4. 47.26 % participants said Sometimes
5. 2.99 % participants said Always

From time to time, I have experienced a racing heartbeat, cold hands or feet, dry mouth, sweating, tight muscle difficulty

196 responses



Out of 196 responses

1. 6.47% participants said Frequently
2. 3.98 % participants said Half the time
3. 63.68 % participants said Never
4. 24.88 % participants said Sometimes
5. 1.00 % participants said Always

I wish I could be as relaxed with myself as other seems to be

196



Out of 196 responses

1. 7.96% participants said Frequently
2. 10.95 % participants said Half the time
3. 24.88 % participants said Never
4. 45.27 % participants said Sometimes
5. 10.95 % participants said Always

I have difficulty falling asleep

196 responses



Out of 196 responses

1. 4.98% participants said Almost Always
2. 8.96 % participants said Often
3. 49.25 % participants said Rarely
4. 36.82 % participants said Sometimes

I fall into a deep sleep

196 responses



Out of 196 responses

1. 18.91% participants said Almost Always
2. 26.87 % participants said Often
3. 25.37 % participants said Rarely
4. 28.86 % participants said Sometimes

I wake while sleeping

196 responses



Out of 196 participants

1. 4.98 % participants said Almost Always
2. 10.45 % participants said Often
3. 52.24 % participants said Rarely
4. 32.34 % participants said Sometimes

I toss and turn

196 responses



Out of 196 responses

1. 3.98 % participants said Almost Always
2. 9.45 % participants said Often
3. 44.78 % participants said Rarely
4. 41.79 % participants said Sometimes

I never go back to sleep after awakening during sleep

196 responses



Out of 196 responses

1. 5.47 % participants said Almost Always
2. 9.45 % participants said Often
3. 55.72 % participants said Rarely
4. 29.35 % participants said Sometimes

I feel refreshed after sleep

196 responses



Out of 196 responses

1. 42.29 % participants said Almost Always
2. 29.35 % participants said Often
3. 4.48 % participants said Rarely
4. 23.88 % participants said Sometimes

I feel unlikely to sleep after sleep

196 responses



Out of 196 responses

1. 8.96 % participants said Almost Always
2. 12.94 % participants said Often
3. 41.29 % participants said Rarely
4. 36.82 % participants said Sometimes

Poor sleep gives me headache

196 responses



Out of 196 responses

1. 15.92 % participants said Almost Always
2. 17.91 % participants said Often
3. 27.36 % participants said Rarely
4. 38.81 % participants said Sometimes

Poor sleeps make me irritated

196 responses



Out of 196 responses

1. 17.41 % participants said Almost Always
2. 24.38 % participants said Often
3. 19.40 % participants said Rarely
4. 38.81 % participants said Sometimes

I would like to sleep more after waking up

196 responses



Out of 196 responses

1. 7.96 % participants said Almost Always
2. 15.92 % participants said Often
3. 37.81 % participants said Rarely
4. 38.31 % participants said Sometimes

My sleep hours are enough

196 responses



Out of 196 responses

1. 34.33 % participants said Almost Always
2. 29.35 % participants said Often
3. 7.96 % participants said Rarely
4. 28.36 % participants said Sometimes

Poor sleeps make me lose my appetite

196 responses



Out of 196 responses

1. 2.99 % participants said Almost Always
2. 14.43 % participants said Often
3. 50.75 % participants said Rarely
4. 31.84 % participants said Sometimes

Poor sleeps makes hard for me to thin

196 responses



Out of 196 responses

1. 4.48 % participants said Almost Always
2. 15.92 % participants said Often
3. 40.80 % participants said Rarely
4. 38.81 % participants said Sometimes

I feel vigorous after sleep

196 responses



Out of 196 responses

1. 17.91 % participants said Almost Always
2. 15.92 % participants said Often
3. 30.85 % participants said Rarely
4. 35.32 % participants said Sometimes

Poor sleep makes me loose interest in work or others

196 responses



Out of 196 responses

1. 8.96 % participants said Almost Always
2. 12.94 % participants said Often
3. 35.32 % participants said Rarely
4. 42.79 % participants said Sometimes

My fatigue is relieved after sleep

196 responses



Out of 196 responses

1. 32.34 % participants said Almost Always
2. 22.89 % participants said Often
3. 11.94 % participants said Rarely
4. 32.84 % participants said Sometimes

Poor sleeps causes me to make mistake at work

196 responses



Out of 196 responses

1. 3.98 % participants said Almost Always
2. 12.94 % participants said Often
3. 43.28 % participants said Rarely
4. 39.80 % participants said Sometimes

I am satisfied with my sleep

196 responses



Out of 196 responses

1. 29.85 % participants said Almost Always
2. 27.36 % participants said Often
3. 11.94 % participants said Rarely
4. 30.85 % participants said Sometimes

Poor sleep makes me forget things more easily

196 responses



Out of 196 responses

1. 4.98 % participants said Almost Always
2. 10.95 % participants said Often
3. 50.25 % participants said Rarely
4. 33.83 % participants said Sometimes

Poor sleep makes it hard to concentrate at work

196 responses



Out of 196 responses

1. 6.47 % participants said Almost Always
2. 12.94 % participants said Often
3. 39.30 % participants said Rarely
4. 41.29 % participants said Sometimes

Sleepiness interferes with my daily life

196 responses



Out of 196 responses

1. 7.96 % participants said Almost Always
2. 9.45 % participants said Often
3. 39.80 % participants said Rarely
4. 42.79 % participants said Sometimes

Poor sleep makes me lose desire in all the things

196 responses



Out of 196 responses

1. 4.98 % participants said Almost Always
2. 11.44 % participants said Often
3. 42.29 % participants said Rarely
4. 41.29 % participants said Sometimes

I have difficulty getting out of the bed

196 responses



Out of 196 responses

1. 4.98 % participants said Almost Always
2. 12.44 % participants said Often
3. 37.31 % participants said Rarely
4. 45.27 % participants said Sometimes

Poor sleep makes me easily tired at work

196 responses



Out of 196 responses

1. 7.96 % participants said Almost Always
2. 17.91 % participants said Often
3. 32.84 % participants said Rarely
4. 41.29 % participants said Sometimes

I have a clear head after sleep

196 responses



Out of 196 responses

1. 31.84 % participants said Almost Always
2. 26.97 % participants said Often
3. 10.95 % participants said Rarely
4. 30.35 % participants said Sometimes

Poor sleep makes my life painful

196 responses



Out of 196 responses

1. 5.97 % participants said Almost Always
2. 9.45 % participants said Often
3. 45.77 % participants said Rarely
4. 38.81 % participants said Sometimes