

# Investigate the Mindfulness on sleep Disturbances in internet affiliated students

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## Abstract

Numerous studies have examined the effectiveness of mindfulness on students' sleep disorders. But research on the effectiveness of mindfulness on sleep disorders in Internet-dependent students has been neglected. The aim of this study was to investigate the effectiveness of mindfulness training on sleep disorders of Internet-dependent students in Kermanshah University of Medical Sciences. The present study was a quasi-experimental design of pretest-posttest with a control group. Thirty patients were selected by cluster sampling method based on purpose (highest score of sleep disorder and Internet addiction) and were divided into two experimental and control groups. The research instruments were the Kentucky Tiger, Smith, and Allen (2004) Kentucky Mindfulness Scale (KIMS), the Young Internet Addiction Scale (1998), and the Pittsburgh Sleep Disorder Scale (1989). The results showed that a significant difference was observed between the mean scores of the experimental and control groups in the post-test phase ( $P < 0.01$ ), meaning that mindfulness training significantly improved the sleep quality of Internet-dependent students. Also, there was a significant difference between the mean Internet dependence of the experimental and control students ( $P < 0.01$ ), meaning that mindfulness training reduced Internet dependence. According to the research findings, it is concluded that mindfulness training can be useful to people with sleep disorders.

**Keywords:** Mindfulness, sleep disorder, Internet dependence.