

## SAMPLE ABSTRACT

### PREFERRED MODE – ORAL/POSTER

**Title:** Effect of meditation on sleep pattern in type 2 diabetes mellitus patients visiting ABC Medical College, India.

**Background:** Type 2 diabetes has become a leading noncommunicable disease in India causing many complications including sleep disturbances. Meditation is a holistic approach for maintaining the harmony of conscious and subconscious mind.

**Objectives:** This study aimed to clarify the effects of meditation on the sleeping pattern in type 2 diabetes patients.

**Material and methods:** Adults ( $X \pm Y$  years) diagnosed since less than 5 yrs with type 2 diabetes were assigned to meditation for 4 weeks following standard protocol and overnight sleep study was assessed before and after the meditation.

**Results:** Meditation stabilizes the sleeping pattern with smooth transition of NREM Stages to REM Stages with more synchronous manner regardless of the age ( $p < 0.01$ ).

**Conclusion:** These findings suggest the beneficial effects of meditation on sleeping pattern in diabetics improving their quality of life.

Keywords: Diabetes, sleep study, meditation (limit up to 6)