

## **Relación entre indicadores de la calidad del sueño, control de impulsos y la flexibilidad cognitiva en estudiantes durante el aislamiento preventivo por Covid-19**

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### **RESUMEN**

El confinamiento por el COVID19 implicó diferentes cambios, entre estos se presentaron modificaciones en los hábitos y en las rutinas diarias, por ende, la calidad del sueño se vio alterada, las personas empezaron a cambiar las horas de acostarse y de levantarse afectando de esta forma el ritmo circadiano; comprendiendo que el sueño representa un estado fisiológico relacionado con las funciones ejecutivas y la irritabilidad, motivó analizar la relación entre indicadores de la calidad del sueño, control de impulsos y la flexibilidad cognitiva en estudiantes.

Por otro lado, el estudio se realizó durante el periodo de confinamiento por el Covid19; en lo que concierne al método, se caracteriza por ser de paradigma positivista, enfoque cuantitativo y corte transversal. La muestra estuvo conformada por 602 estudiantes, el tipo de muestreo empleado fue tipo censo. En lo que concierne a resultados se resaltan: correlación positiva entre edad, control de impulsos y flexibilidad cognitiva; correlación positiva entre calidad subjetiva del sueño, uso de medicación hipnótica y flexibilidad cognitiva; correlación negativa entre problemas para dormir, latencia del, duración del sueño, eficiencia de sueño habitual, perturbaciones del sueño, disfunción diurna, Puntaje global del PSQI y control de impulsos y flexibilidad cognitiva.

Finalmente, se concluye que la correlación positiva hallada entre edad, control de impulsos y flexibilidad cognitiva podría estar relacionada con el desarrollo del individuo; a mayor flexibilidad cognitiva menos problemas para dormir; el control de impulsos se asocia a mala calidad del sueño y las mujeres presentan mayor prevalencia en problemas asociados al sueño.

**Palabras clave:** sueño, pandemia, salud, flexibilidad, impulsos.

### ABSTRACT

The COVID19 confinement implied different changes, among these there were modifications in habits and daily routines, therefore, the quality of sleep was altered, people began to change the time of going to bed and getting up, thus affecting the circadian rhythm; understanding that sleep represents a physiological state related to executive functions and irritability, motivated to analyze the relationship between indicators of sleep quality, impulse control and cognitive flexibility in students.

On the other hand, the study was conducted during the period of confinement by Covid19; as regards the method, it is characterized by being of positivist paradigm, quantitative approach and cross-sectional. The sample consisted of 602 students.

The sample consisted of 602 students, the type of sampling used was census type. Regarding the results, the following are highlighted: positive correlation between age, impulse control and cognitive flexibility; positive correlation between subjective sleep quality, use of hypnotic medication and cognitive flexibility; negative correlation between sleep problems, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, daytime dysfunction, PSQI global score and impulse control and cognitive flexibility.

Finally, it is concluded that the positive correlation found between age, impulse control and cognitive flexibility could be related to the development of the individual; the greater the cognitive flexibility, the fewer the sleep problems; impulse control is associated with poor sleep quality and women have a higher prevalence of sleep-related problems.

**Key Words:** sleep, pandemic, health, flexibility, impulses.

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