

**GOVERNMENT OF INDIA  
DEFENCE  
LOK SABHA**

UNSTARRED QUESTION NO:3370  
ANSWERED ON:15.12.2005  
STUDY ON LOSS OF SLEEP  
Singh Baba Shri K.C.

**Will the Minister of DEFENCE be pleased to state:**

- (a) whether the Defence Institute of Physiology and Allied Sciences, New Delhi has conducted any studies regarding loss of sleep resulting in short term memory and other ailments in army jawans posted at higher altitudes;
- (b) if so, the detailed findings thereof; and
- (c) the remedial steps being taken in this regard?

**Answer**

MINISTER OF DEFENCE (SHRI PRANAB MUKHERJEE)

- (a) DIPAS, a laboratory of DRDO has conducted study on sleep patterns at high altitude during the process of acclimatization.
- (b) & (c): There are sleep disturbances at high altitude like increased episodes of awakening and periodic breathing. These are normal processes of acclimatization and help in preventing further accentuation of hypoxemia at high altitude. An elaborate schedule of acclimatization has been evolved as preliminary step to reduce sleep disturbances.