

# Clinical study of correlation between hair loss and sleeping pattern

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## Abstract

**Purpose:** An investigation into the sleeping patterns of Korean university students and the impact on the hair loss conditions

**Patients (or materials) and methods, or methods (or similar heading):** The questionnaires were answered by the university students in Seoul, Korea to examine their sleeping pattern.

It consisted of questions asking about their sleeping hours as well as sleep quality that are considered relevant to their hair loss patterns. A total of 585 students responded to the survey and we analyzed the correlation of hair loss and sleeping patterns.

**Results:** Amounts of sleep in hair loss group(n=132, 22.6%) were answered 6 hours (35.6%), 7 hours (26.5%), 5 hours (14.4%) in the order while non-hair loss group answered 6 hours (31.5%), 7 hours (31.0%), 8 hours (17.7%).

Less than 5 hours sleep group responded 51.4% of hair loss and it was **2.3 times** higher than the results of average for all respondents, 22.6%.

5 hours sleep group answered 23.2% of hair loss, 6 hours sleep group answered 24.2% of hair loss, 7 hours sleep group showed similar to overall average, 21.0% of hair loss. 8 hours sleep group was 8.2% of hair loss.

Less than 5 hours sleep group responded 51.4% of hair loss and it was **6.7 times** higher than the result 8 hours group, 8.2%.

**Conclusion:** The responded students who were in poor sleep condition had tendency of higher hair loss pattern than those of the enough sleep group.

In general, as sleeping hours decreases, the ratio of hair loss responded increases but a group of more than 8 hours of sleep responded high ratio of hair loss.

Therefore, proper sleep amount to prevent hair loss is found to be 8 hours.