

## Introduction

Sleep deprivation has become a pervasive concern in many societies worldwide, with increasing reports of poor sleep quality linked to a range of psychological and physiological issues. However, much of the research on sleep deprivation has been conducted in Western countries, where the understanding of sleep and its effects is largely shaped by a particular set of societal values, healthcare systems, and work cultures. In India, where family structures are often multigenerational, caregiving responsibilities can lead to irregular sleep schedules. Parents or caregivers may sacrifice sleep to care for children, elderly relatives, or other family members. Similarly, in rural African communities,

communal living arrangements and shared responsibilities may result