

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA
UNSTARRED QUESTION NO. 3369
TO BE ANSWERED ON 07TH AUGUST, 2026**

WIDESPREAD SLEEP DISORDERS

3369. THIRU DR. S JAGATHRATCHAKAN:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government has examined the growing public-health challenge arising from widespread sleep disorders, including insomnia, linked to changing lifestyles, workplace stress and irregular routines in the country, if so, the details thereof;
- (b) the measures undertaken by the Government to address sleep- related health concerns through awareness campaigns, preventive healthcare initiatives and integration of sleep medicine into primary healthcare systems;
- (c) the trends observed concerning the prevalence of sleep disorders and their impact on physical health, mental well-being, productivity and quality of life; and
- (d) whether the Government has assessed the adequacy of existing healthcare infrastructure, specialist services and diagnostic facilities for addressing sleep-related conditions and the observations made thereon, if so, the details thereof?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (d) The National Mental Health Survey (NMHS), conducted in 2016 by NIMHANS, provided critical data on mental health prevalence and treatment gaps helping in assessing the outcome indicators and in shaping future directions of the mental health treatment programmes. The Indian Council of Medical Research (ICMR) advances mental health research in several areas, focusing on evidence-based psychosocial interventions and community-based approaches.

To address the burden of mental disorders, the Government of India is implementing the National Mental Health Programme (NMHP) in the country. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 767 districts for which support is provided to States/UTs through the National Health Mission. Facilities made available under DMHP at the Community Health Centre(CHC) and Primary Health Centre(PHC)

levels for all including elderly, inter- alia, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc. In addition to above services there is a provision of 10 bedded in-patient facility at the District level.

The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.8 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added in the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat. Further, wellness activities are also promoted at Ayushman Arogya Mandirs, these promote mindfulness, relaxation and healthy lifestyle practices that contribute to better sleep and overall well-being.

Community-based health promotion initiatives such as Fit India and other wellness campaigns encourage physical activity and healthy living, which are important for maintaining healthy sleep patterns.

Besides the above, the Government has launched a “National Tele Mental Health Programme” on 10th October, 2022, to further improve access to quality mental health counselling and care services in the country. As on 27.07.2026, 36 States/ UTs have set up 53 Tele MANAS Cells. Tele-MANAS services are available in 20 languages based on language opted by States. More than 42 lakhs calls have been handled on the helpline number.

Under the National Tele Mental Health Programme (NTMHP), individuals experiencing sleep disturbances associated with stress, anxiety, depression and other mental health conditions can access free 24×7 tele-mental health counselling, psychological support, guidance on healthy sleep practices and sleep hygiene, and referral to appropriate healthcare facilities, whenever required. Further, as part of routine counselling, Tele-MANAS counsellors promote behavioural measures to improve sleep, including healthy sleep habits and sleep hygiene.

The Government has also launched Tele-MANAS Mobile Application on the occasion of World Mental Health Day - October 10, 2024. Tele-MANAS Mobile Application is a comprehensive Mobile platform that has been developed to provide support for mental health issues ranging from wellbeing to mental disorders. The Government has also launched the video consultation facility under Tele-MANAS, as another upgrade to the already existing audio calling facility.
