

Sleep quality and related factors among the nurses of the Hospital of Kashan University of Medical Sciences, Iran

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Abstract | [Full Text](#)

Aim: Sleep and rest are the essential physiological needs of human. Nurses are at risk of developing sleep problems than others because of having various shift work. The aim of the present study was to evaluate the sleep quality and related factors in the nurses. **Methods:** In this cross-sectional study, 200 nurses were selected randomly from Shahid Beheshti Educational Hospital of Kashan University of Medical Sciences, Iran, 2016. Persian version of Pittsburgh Sleep Questionnaire Index and demographic questionnaire were used for the detection of sleep quality. **Results:** The mean age of cases was 51.31 years, and most of them (73%) were female. The majority of them had rotating shift work and worked over 150 h per month. 95.5% (191 cases) of them had poor sleep quality. The mean total score of sleep quality in females was higher than males ($P = 0.04$). The nurses with rotating shift work had higher mean total score of sleep quality than nurses with fixed shift work. Nurses with over 150 h per month had more problems in daily function than others ($P = 0.04$). **Conclusion:** These results present that the majority of the nurses had poor sleep quality. Poor sleep quality could be affect function, mental and physical health, and secondary effect delivery service to patients. Therefore, attention to this issue and strategies for improved sleep quality is necessary.