

Sleep quality and its associated factors among nursing officers of Teaching Hospital Jaffna

K. Jasintha¹, S. Vaishnavi¹, D.M.C. Wickramasinghe¹, R. Kumar², T. Sathiyamoorthy³

¹*Faculty of Medicine, University of Jaffna*

²*Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna*

³*Teaching Hospital Jaffna*

Introduction and objective: Sleep is vital for maintaining mental and physical health. Poor sleep quality among healthcare workers could compromise patient safety and quality of care. Teaching Hospital Jaffna operates with over half its nursing cadre positions vacant. This study aims to assess sleep quality and its associated individual and work-related factors among nursing officers of Teaching Hospital Jaffna.

Methods: A descriptive cross-sectional study was carried out among all 545 nursing officers in non-administrative positions at Teaching Hospital Jaffna. Data were collected in October and November 2019 using a self-administered questionnaire, which was distributed to the participants and collected the next day. Sleep quality was measured by the Pittsburgh Sleep Quality Index (PSQI). Measures of central tendency, frequencies, and percentages were used to describe sleep quality and its associated factors. Associations between sleep quality and selected factors were measured by using the chi-square test.

Results: In total, 320 nurses participated (response rate 65%). Among those who completed the PSQI section of the questionnaire (n=310), 56% had poor sleep quality, and the remaining 44% had good sleep quality. Mean sleep duration was 5 hours and 53 minutes (± 83 minutes). Mean time taken to fall asleep was 29 minutes (± 36 minutes). Tea consumption ($p=0.003$), having a chronic disease ($p=0.004$), moderate exercise ($p=0.015$), leave days per month ($p=0.029$) and double shifts per week ($p=0.033$) were associated with sleep quality at the 0.05 level.

Conclusion: Poor sleep quality is widespread among nursing officers of Teaching Hospital Jaffna. Urgent action is needed to fill vacant nursing cadre positions at the hospital. Lifestyle modification may also improve the sleep quality of nurses.

Keywords: Sleep Quality, Nurses, Pittsburgh Sleep Quality Index, Jaffna