

عنوان مقاله:

The effect of shiftwork on sleep quality among hospital staff in Bandarabbas

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خلاصه مقاله:

sleep problems are prevalent currently and involve deficits in quality or quantity of sleep . Todays by the rapid growth in technology and a highincrease the production of industrial complexes and also inauguration round-the-clock centers such as hospitals, shiftwork has become anindispensable part of many occupational activities. This study aimed to evaluate the association between shiftwork and sleep quality.Material and methods: this cross-sectional descriptive study was conducted on 307 employed personnel of Hormozgan University of medicalsciences hospitals who worked at unusual hours. All of the samples were randomly collected by proportional cluster sampling method .allindividuals were evaluated using the demographic form and Pittsburg sleep quality questionnaire. Data analysis was done by spss 16 (descriptivestatistics and spearman test) and p.value<0.05 showed the relationships .Results: the mean scores of sleep quality in participants was 10.03 ± 6.37 , the participants included 78 male and 229 female who consist of 252nurses and 55 doctors . the mean score of sleeping was beneficially in relation with occupation , sleeping duration , sexuality and qualifiedsleeping (p.value : $p<0/006$, $p<0/05$, $p<0/001$, $p<0/002$)Conclusion: voluntary selected work flow system could increase the job satisfaction and increase satisfaction can reduce the .consequences ofshift work

کلمات کلیدی:

shift work, sleep quality, disturbed sleep, hospital

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