

Perceived Sleep Quality and Predictiveness of Sleep Quality among Shift Working Nursing Officers in Two Government Hospitals, Sri Lanka

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Current research studies have revealed and defined various key determinants of sleep quality, that measure sleep quality of an individual instead considering the quantity, an individual actually slept. Major sleep/ wake imbalance and, ultimately, poorly dealt sleep deprivation occurs due to compulsory shiftwork that is being carried out in the healthcare sector. This descriptive cross-sectional study was conducted through self-administered questionnaires, profiling demographic data and assessing Global Pittsburgh Sleep Quality Index (PSQI) scores; cumulative scores of PSQI components indicating perceived sleep quality, among shift working nursing officers in two selected government hospitals. Correlation analysis, hierarchical multiple regression analysis and descriptive statistics were run using SPSS version 25.0. Ethical approval and permission to conduct the study was gained from Faculty of Medical Sciences, University of Sri Jayewardenepura (Nur/13/19), Colombo South Teaching Hospital (Application number 792), and Homagama Base hospital. Participants reported a mean age of 33 ± 7 , majority (95%) being females, worked maximum 12 shifts with a mean 8 (SD ± 2) shifts per average week. Mean values reported in two of seven PSQI components; sleep duration (1.07 ± 0.85) and sleep disturbances (1.00 ± 0.63), were comparatively high, where 60.9% gained a Global PSQI score ≥ 5 , indicating poor sleep quality. Predictiveness of each PSQI component towards Global PSQI score was not significant for all the models analyzed. However, a significant correlation was evident ($r = 0.14$, $p = 0.01$) between total shifts reported per average week and the Global PSQI score. Studies are recommended in evaluating staffing strategies and policies related to shift work as well as exploring the aspects of employee turnover related to nurses' sleep quality, due to the majority reporting poor sleep quality. A more definite picture of sleep quality by actigraphy is warranted among nurses, as the current study was limited to PSQI, a self-evaluation.

Keywords: Sleep quality, PSQI, Shift working, Nursing officers