

**SLEEP DISORDER AMONG NURSES IN
200-BEDDED HOSPITALS OF YANGON REGION**

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ABSTRACT

The hospital-based cross sectional descriptive study was carried out in 200-bedded hospitals in Yangon to find out sleep disorder among nurses and also to assess the relationship between socio-demographic characteristics, work related factors and sleep disorder and then to identify the psychosomatic complaints and subjective health status of nurses. Three hospitals (West Yangon General Hospital, East Yangon General Hospital and Thanlynn General Hospital) were purposively selected. Structured pretested self-administered questionnaires were used to obtain information about the sleep disorder among study population. Pittsburgh Sleep Quality (PSQI) was used to assess the sleep disorder among the nurses who were working in shift schedules. According to the findings, majority of the participant's age group was between 30 and 39 years of age and most of the study population were working in three shift schedules for at least one year experience. As a result, 62% of the nurses had sleep disorder. Among the nurses, 73% had perception of subjective health effect which could affect the physical health and social isolation. About 25% of the nurses had history of accidental injuries during the night shifts. Sleep disorder occurred more in younger nurses 82.9% and staff nurse 82.9%. Therefore health promotion concerned with healthy life style such as taking rest and enough sleep before and after the shift duties and work life balances should be intervened to obtain well-being of the nurses as well as other health care personal.