

## ORIGINAL PAPER

### Sleep Quality among Iranian Nurses Working in Intensive Care Units versus General Wards: A Cross-Sectional Study

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#### Abstract

**Background:** Patients who hospitalized in ICU (Intensive Care Unit) require more accurate services and cares. Since the undesirable effects caused by sleep disorders of ICU nurses may have undesirable effects on patients , this study was done with the aim of the determination of sleep quality in ICU nurses and it's comparing with the sleep quality of nurses working in surgical and internal wards.

**Methods:** In this descriptive study, nurses working in the ICU, surgical and internal disease wards of Imam Khomeini Hospital of Sari city were recruited based on inclusion criteria. Then two questionnaire included demographic questionnaire and Pittsburgh Sleep Quality Index (PSQI) questionnaire was completed by subjects.

**Results:** In this study, 135 nurses working in the ICU, surgical and internal disease units were studied. 76.8% of ICU nurses, %23/9 surgical ward nurses and %18.5 of internal disease units nurses had low sleep quality (PSQI>5). There was significant difference between the global PSQI score of ICU nurses with the global PSQI score of nurses of surgical and internal ward (P-value=0.02, P-value=0.03, respectively). There was no significant difference between the global PSQI score of the surgical ward's nurses and the global PSQI score of the internal ward's nurses (P-value=0.99).

**Conclusion:** Sleep quality of nurses in the ICU is considerably lower and this disorder is more related to the "Sleep latency" and "Daytime dysfunction". So, it is perhaps with more attention and the improvement of the sleep quality of the ICU nurses can be improved the quality of care provided to critical patients and can be prevented from the undesirable effects of sleep disorder on patients.

**Key Words:** Nurse, Sleep Quality, Intensive Care Unit