

P03-231

PREVALENCE OF INSOMNIA IN NURSING AND MIDWIFERY STUDENTS

F. Shamsaei, F. Cheraghi

Hamedan University of Medical Sciences, Hamedan, Iran

Background: Sleep is absolutely essential for normal, healthy function. Sleep disturbances are one of the most common under diagnosed and under treated health problems among the adult population. The disturbances in sleep and wake process caused physical and mental disorders.

Purpose of study: The aim of the study was to assess the prevalence of sleeping problems to in the nursing and midwifery students.

Methods: This research is a descriptive study. The participants consist of 321 individual were selected by census sampling. Data were collected by questionnaire that concluded 2 parts; A- demographic factors B- questions related to sleep disorders.

Results: Outcome showed that nearly one-third of nursing and midwifery students suffered from insomnia. The percentage was significantly higher among women (37.1%) than among men (23.1%). The prevalence of insomnia was higher in nursing students (39.3%) than midwifery students (31.2%).

Conclusion: Sleep disorders distracted the physical and mental health of students. It impacted on academic performance and decreased educational achievement of students. Emotional stress and anxiety are some factors of sleep disorders, with recognizing these factors, we can operate effective interventions.