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**Sleep quality of first-year nursing students of the School of Nursing, Colombo, Sri Lanka**

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**Background:** Nursing students are susceptible to develop poor sleep habits as a result of stringent training commitments and pressing need to work and maintain social lives, which may carry over into professional practice and adversely impact quality of care and patient safety.

**Objective:** The study aimed to assess the sleep quality of first-year nursing students of the School of Nursing, Colombo, Sri Lanka.

**Method:** A descriptive cross-sectional study was conducted among 184 first-year nursing students at the School of Nursing, Colombo. Pre-tested, self-administered questionnaire and the Pittsburgh Sleep Quality Index (PSQI) were used to collect data. PSQI is a self-rated, valid tool, and PSQI score five or greater indicates a “poor” sleeper. SPSS version 25.0 was used for analysis. Pearson’s Chi-square test was used to assess association of basic demographic data and sleep quality. Ethical approval was obtained from Ethics Review Committee KIU (KIU/ERC/20/10).

**Results:** The mean age of the participants was  $23.0 \pm 1.0$  years and 92% were females. Most of the students (56%) were staying at boarding places. The mean value of the global PSQI was  $5.4 \pm 2.3$  (ranging from 1–13) and overall sleep quality was poor in a higher proportion (60.9%) of the study participants. The mean duration of sleep was  $6.6 \pm 0.7$  hours. Most of them (63%) showed a 16–30 minutes sleep latency. The majority (82%) had sleep disturbance and 2% of the participants had used sleep medications at least once a week during the past month. There was no association of sleep quality with age ( $p=0.53$ ), gender ( $p=0.50$ ), and residence ( $p=0.30$ ).

**Conclusion:** According to the findings; most nursing students have low sleep quality. Future studies need to be conducted to identify the factors associated with sleep quality and implement the interventions to improve sleep quality.