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Sleep Improvement Effect on Sexual Life Quality Among Rotating Female Shift Workers: A Randomized Controlled Trial

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Abstract

Background

Poor sleep quality consequences among shift working nurses are well recognized.

Aim

To investigate the impact of sleep improvement on sexual quality of life.

Methods

The study was a parallel randomized controlled trial, conducted among 120 female nurses in 2 educational hospitals in the Northeast of Iran, Shahroud. Using random blocks of four, 120 eligible participants were randomly assigned to study groups. Data collecting tools included a demographic data questionnaire, Pittsburgh Sleep Quality Index to assess sleep quality, and the survey of sexual quality of life-female and Sexual Self-Efficacy Questionnaire to evaluate level of sexual quality of life and sexual self-efficacy, respectively. The intervention consisted of 3 weekly sleep intervention sessions that lasted from 90 to 120 minutes.

Outcomes

The study's primary and secondary outcomes were sleep quality, and the level of sexual self-efficacy and sexual quality of life, respectively.

Results

By 3-month follow-up, the loss to follow-up rate was 5.9%. The mean sleep quality score was 7.61 ± 2.26 in the recruited participants. Following the intervention, the sleep quality score showed statistically significant differences compared to the control group [mean difference (CI 99.98%), $-1.89 (-2.40, -1.38)$]. Participants in the intervention group showed modest increases in both measures; sexual self-efficacy [mean difference (CI 99.98%), $8.82 (6.83, 10.81)$] and sexual quality of life [mean difference (CI 99.98%), $19.64 (18.08, 21.20)$].

Clinical Implications

These findings suggest that sleep improvement could promote the sexual quality of life among shift working nurses.

Strengths & Limitations

Strengths of this study include the use of a validated outcome measure. Focusing the study on female nurses and the small size of the study population are the limitations.

Conclusion

Improved sleep showed an impact on sexual quality of life among rotating female shift workers.

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Key Words

Sleep Quality; Sexual Quality Of Life; Nursing Staff; Rotating Shifts; Non-Pharmacologic

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