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Sleep disturbances in pregnant women

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Research Objectives: To describe the prevalence and patterns of sleep disturbances among pregnant women in Iraq as measured by the Arabic version of the Pittsburgh Sleep Quality Index (PSQI) scale as well as the relationship of sleep disturbances with demographic characteristics.

Sample: Seventy pregnant women from two outpatient government-based maternal and child centers in Babel Governorate, Iraq were studied. The age of participants ranged from 15 to 41 years, with a mean age of 26 years (SD=5.9). The majority of the participants was in the third trimester of their pregnancy (65%) and already had one or two children (62%).

Findings: Most (86%) of the pregnant women reported that their sleep was disturbed by their child, at least once a week and (63%). The PSQI global score mean was 8.3 (SD=2.3). Ninety-three% (n=65) of the subjects met the criteria for being poor sleepers. Participants in the study reported their mean sleep duration of 7.5 hours (SD=1.7), with an average of 22.5 minutes to fall sleep (SD=15.3). Trimester and total PSQI have a positive correlation ($r=0.25$, $P<0.05$), while a negative correlation was found between working and sleep latency ($r=-0.301$ $p<0.005$).

Conclusions: Women who have never had sleeping problems may experience serious sleep disturbances during pregnancy which may be related to hormonal changes, age, pregnancy trimester, number of children, and working status. Sleep disturbances is a marker of worse health-related quality of life. Unmanaged sleep disturbances may have an adverse effect on labor and delivery.

Biography

Majeda M El-Banna has completed her PhD in Nursing from university of Nebraska Medical Center, USA. She is the Director of Associate Degree of Nursing to Baccalaureate/Master of Nursing program at the school of Nursing, the George Washington University. Her professional nursing experience in USA, Kuwait and Jordan includes practicing in many roles of increasing leadership and responsibility: Registered nurse, clinical instructor, faculty, administrator as head of department and Dean of school of nursing. She has published and presented many papers nationally and internationally.

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