

Menopausal symptoms and sleep quality of midlife and elderly women

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Over 30% of people worldwide had sleep problems while midlife and elderly women had higher prevalence. Menopausal symptoms like hot flashes and night sweats that are experienced by most menopausal women might be the cause. This is a preliminary analysis of a cross-sectional study exploring relationships between sleep quality and menopausal symptoms among women older than 40. We recruited 84 women (mean age=63). More participants were unemployed, educated less than 12 years and were post-menopausal. The Insomnia Severity Index (ISI) and Pittsburgh Sleep Quality Index (PSQI) were used to measure sleep quality. Three questions were used to understand menopausal symptoms. Cronbach's alpha of the ISI and PSQI was 0.88 and 0.76, respectively. We used descriptives, t-test and ANOVA to analyze data. Results showed that 65.5% of the participants were subthreshold clinical insomnia, 19% were clinical insomnia (ISI mean=11.48), 95.2% experienced poor sleep quality (PSQI mean=9.74) and 71.4% were not satisfied with their sleep quality. Whether or not having menstruation, sweating or hot flashes at night did not differ in the ISI or PSQI. Similar to other studies, many women in our study experienced insomnia or poor sleep quality. Different from other studies that menopausal symptoms were related to sleep quality, we did not find that correlation. Possible reasons for this difference might be that most women in our study were post-menopausal and did not experience menopausal symptoms or the symptoms were not severe. We suggested recruiting women at difference perimenopausal stages and using other menopausal measures in future studies.

Biography

Ting-Rong Ye has completed her Bachelor's degree in Nursing. She has completed a mini-survey and poster presentation, PICO report and case report. Based on her clinical experiences, she invented a device to assist turning patients over. She is also qualified in training new nurses and instructing pregraduate nursing students. She is currently a Research Assistant for a nationally funded research.

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