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Stress, fatigue, and sleep quality of midlife and elderly women**Ching-Yu Cheng¹, Ting-Rong Ye¹, Shwu-Ru Liou¹ and Hua-Kuei Lee²**¹Chiayi Chang Gung University of Science and Technology, Taiwan²Ministry of Health and Welfare Sinying Hospital Shwu-Ru Liou, Taiwan

Compared to males, women especially midlife and elderly women had higher rate of experiencing sleep problems. Poor sleep quality may impact individuals' cognitive ability, psychological emotion and immune function that leads to chronic diseases. Daytime fatigue and sleepiness decrease individuals' effectiveness at work, cause accidents and increase drug use. This is a preliminary analysis of a cross-sectional study exploring relationships between perceived stress, sleep quality and fatigue of women older than 40. 84 women were recruited (mean age=63) and they completed the 10-item perceived stress scale, multidimensional assessment of fatigue scale and Pittsburgh Sleep Quality Index (PSQI). Correlation and regression were applied to analyze data. Results showed that 95.2% of the participants experienced poor sleep quality. 59.5% of the participants' stress score was higher than its mean score of 16.68 and 47.6% of the participant's fatigue score higher than its mean score of 15.79. Perceived stress, sleep quality and fatigue were significantly inter-correlated (r ranged 0.27-0.47). Perceived stress ($t=3.97$, $p<0.001$) could explain 21% of the variance of fatigue while sleep quality ($t=3.45$, $p=0.001$) added another 10% to the variance explained. Understanding factors of stress and sleep quality of midlife and elderly women can help healthcare professionals to design practical programs to decrease individual's fatigue.

Biography

Ching-Yu Cheng has completed her PhD from the University of Texas at Austin, USA. She is currently teaching at the Chang Gung University of Science and Technology in Taiwan. She has published more than 30 papers in reputed journals and conducted many researches. Her research focuses on women's health including bio behavioral studies and nursing education.

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