

Associations between Sleep and Quality of Life in Shift – Working Nurses

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Summary

Introduction

The correct organization of shift work of health care workers is necessary to ensure continuous 24-hour patient care. First of all, shift work causes significant interference in various areas of a person's life and changes a person's psychophysical balance, in particular:

Disrupts the circadian rhythm.

- Reduced alertness and productivity, leading to an increased risk of errors and accidents.
- Negative health effects both in the short term, and in the medium and long term.
- Difficulties in maintaining social roles, which have negative consequences for interpersonal relationships and family care.

Objective of the Research

To determine the relationship between the quality of sleep and the general quality of life of nurses, considering objective and subjective indicators of sleep.

Methods

The latest systematic review of the scientific literature for 2019-2024 was carried out.

Results

Those working in shift work say that not only their well-being, but also their quality of life deteriorates due to working in shifts or a sliding schedule. Very often, lack of sleep or poor-quality sleep at night causes slowing down of reactions, difficulty concentrating, physical fatigue and other ailments, and affects the likelihood of more frequent mistakes and injuries. The most frequently mentioned health problems are sleep disorders, digestive disorders, cardiovascular diseases.

Conclusion

Caring for the quality of sleep and quality of life of nurses is an important factor in the long-term effectiveness of the health care system. Creating the right working conditions and organizational culture can help retain and attract employees, as well as improve service delivery efficiency and patient health.