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Influencing Factors for Sleep Quality Among Shift-working Nurses: A Cross-sectional Study in China Using 3-factor Pittsburgh Sleep Quality Index

Running title: Sleep quality in shift-working nurses

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Abstract

Purpose: The aim of this study was to identify influencing factors for sleep quality among shift-working nurses based on a three-factor scoring model that included sleep efficacy, sleep quality and daily dysfunction.

Methods: A cross-sectional survey of 513 nurses in a hospital in Shanghai, China, was conducted using a self-reported questionnaire. Sleep quality was measured by the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed based on the three-factor PSQI model: Factor 1, sleep efficacy; Factor 2, sleep quality; Factor 3, daily disturbances.

Results: After adjusting for age, marital status, and having children, multivariate logistic regression analysis showed that participants who had previous shift work experience which was at least 6 months ago, or were currently performing shift work were significantly more likely to have poor sleep quality (PSQI > 5) than those who had never done shift work (adjusted odds ratios of 3.913 and 3.975, respectively, both $p < .001$). Mean scores of the three individual factors increased significantly among nurses currently performing shift work compared with those who had never done shift work (Factor 1, $\beta = 0.61$, $p < .001$; Factor 2, $\beta = 1.86$, $p < .001$; Factor 3, $\beta = 0.45$, $p = .002$). Mean scores of Factor 2 and Factor 3 increased significantly among nurses with previous shift work experience compared with those who had never done shift work (Factor 2, $\beta = 1.15$, $p = .003$; Factor 3, $\beta = 0.52$, $p = .005$).

Conclusion: Performing current shift work and performing shift work previously were significantly associated with poor sleep quality. An appropriate arrangement and

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