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Sleep Duration and Sleep Quality as Predictors of Health in Elderly Individuals

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The main purpose of the present study was to explore the associations of sleep duration and sleep quality with self-rated health. In this cross-sectional study, participants were 894 elderly individuals. Self-rated health, sleep duration, and sleep quality were self-reported. The associations were examined using multiple logistic regression analyses. After adjusting for sex, physical activity, smoking consumption, alcohol consumption, psychological distress, socioeconomic status, and chronic disease/s, sleeping <6 h (OR (Odds ratio) = 3.21; 95% CI (95 percent confident interval) 1.61 to 6.39), 6–7 h (OR = 2.47;

95% CI 1.40 to 4.36), 8–9 h (OR=3.26; 95% CI 1.82 to 5.83), and >9 h (OR=3.62; 95% CI 1.57 to 8.34) and having 'poor' sleep quality (5 points; OR=2.33; 95% CI 1.46 to 3.73) were associated with 'poor' self-rated health. When sleep duration and sleep quality were entered simultaneously into the model, the same associations remained. Our findings provide evidence that both 'short' and 'long' sleep and 'poor' sleep quality are associated with 'poor' self-rated health. Thus, interventions that promote healthy sleep hygiene in the elderly are warranted.

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