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Sleeping quality and quantity in diabetic patient

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Abstract:

Introduction: In recent decades diabetes is one of the health challenges. Sleeplessness and oversleeping are known to have adverse effects on human health, this study designed to compare sleep quality among diabetics 2 patient. **Materials and Methods:** This descriptive - analytic study was carried out on 100 type 2 diabetes patients' referral to the Imam Hospital diabetes unit with convenience sampling. Data were collected using Pittsburgh sleep quality index (PSQI) and analyzed using correlation coefficient and chi-square. **Results:** The mean sleep quality score in this study were 9.85 and there was a direct significant difference between quality of sleep and HbA1c ($p<0.001$), body mass Index ($p<0.001$) and sleeping quantity. However there is no significant relationship between fasting blood sugar, diabetes complication, age and gender.

Conclusion: Because the duration of sleep is a very important factor in determining the quality of sleep. Results from its have an important role in the care of diabetic patients. The need to provide adequate training in order to improve the quality of sleep hygiene is essential in diabetic patients.

Keywords:

Type 2 Diabetes, quality of sleep, quantity of sleep

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