



IMPACT OF WORK SCHEDULE ON SLEEP QUALITY

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BACKGROUND

We examined the relationship between healthcare providers work schedule patterns and their sleep quality using the Pittsburgh Sleep Quality Index (PSQI).



- Hypothesis: Healthcare providers with consistent and predictable work schedules would have better sleep outcomes than those working inconsistent hours throughout the week.
- Previous studies reveal that shift workers averaged a 7.409 global score compared to non-shift workers who averaged a 6.271 on the PSQI.

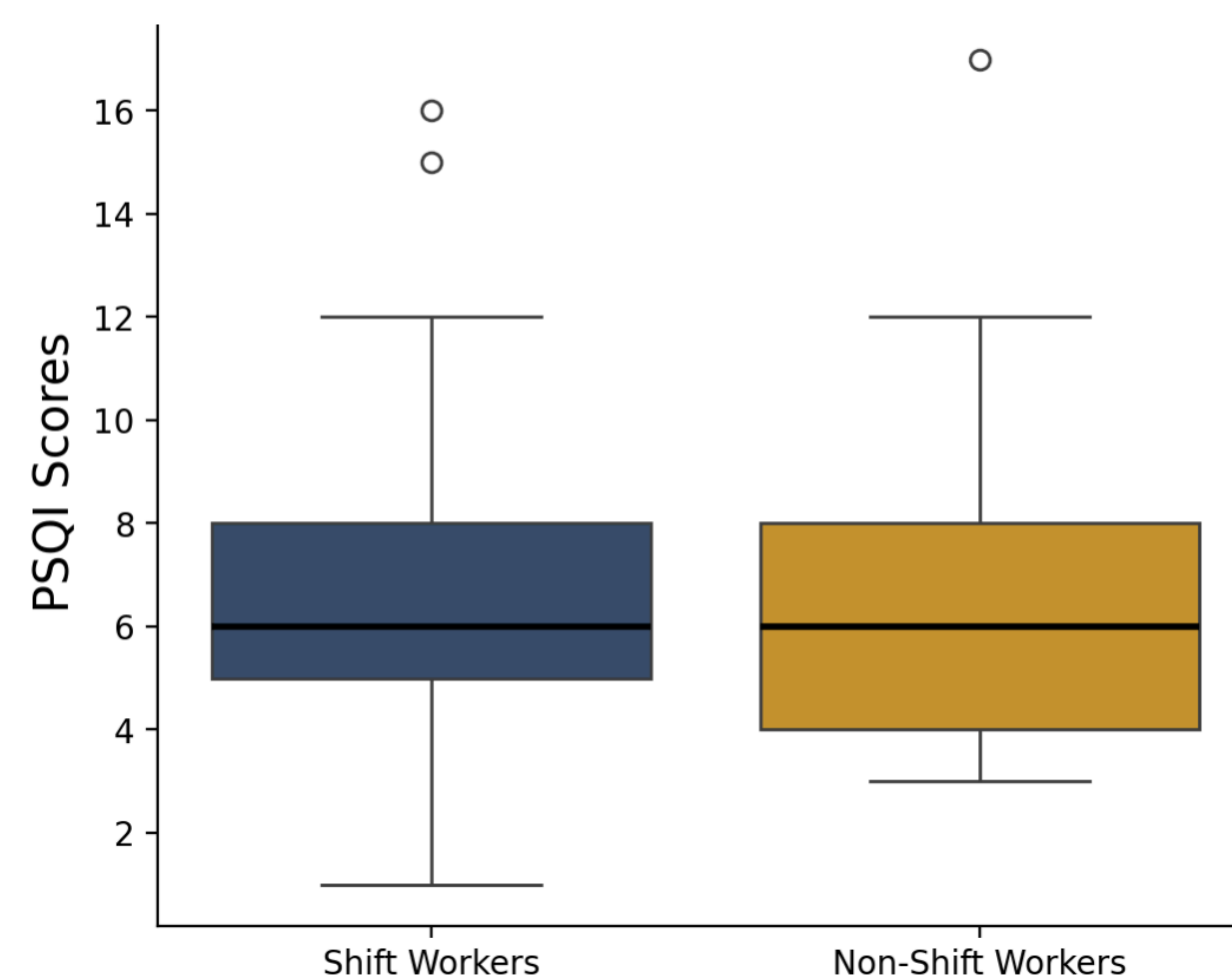
OBJECTIVE



The purpose of this research study is to assess if there is a statistically significant difference in sleep quality among healthcare providers with differing work schedules.

- Work Schedule Groups: Shift vs Non-shift workers
- Sleep Quality: Measure of PSQI Scores

Figure 1. Work Schedules vs. PSQI Scores assessing Sleep Quality on Healthcare Providers.



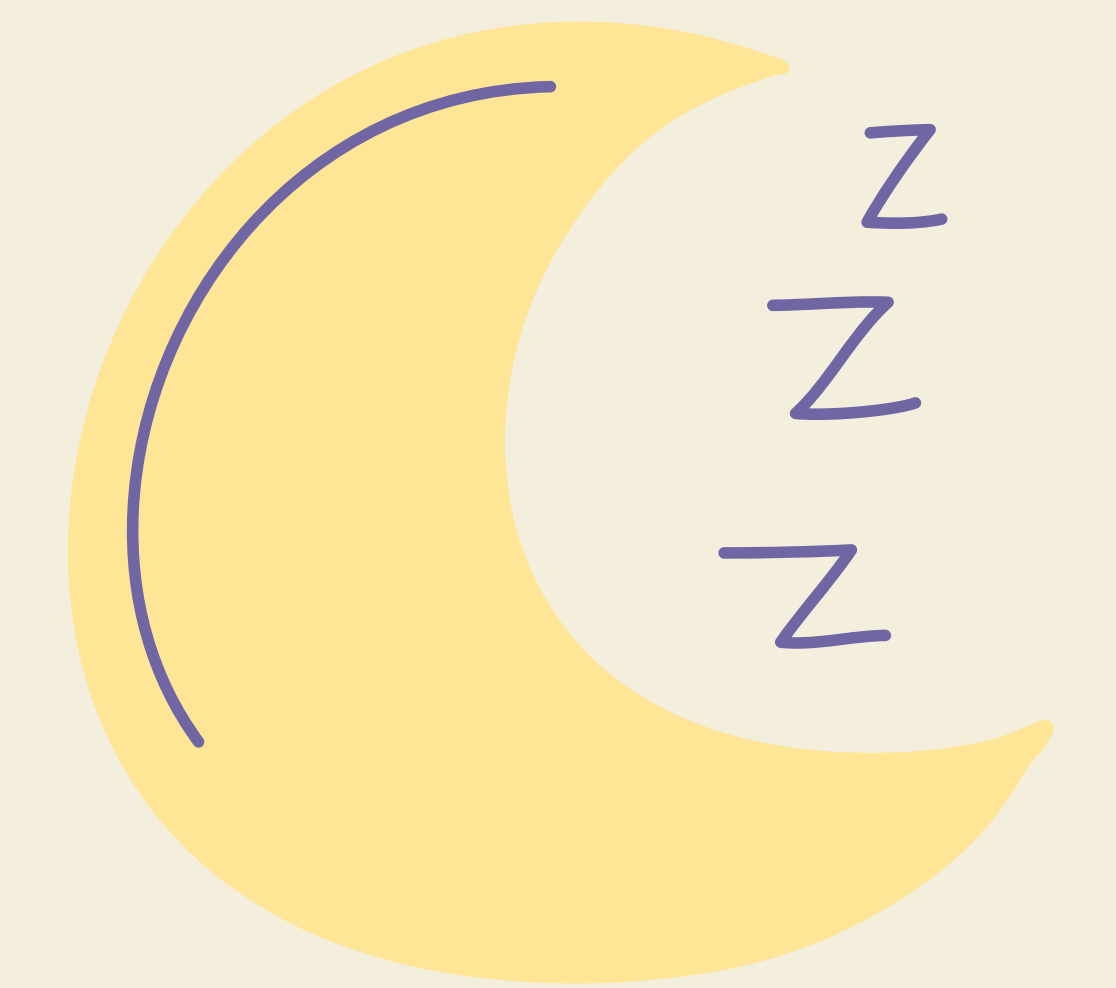
RESULTS

There is no statistically significant difference between the PSQI Scores of shift workers and non-shift workers.

- Shift Worker PSQI Score: 6 ± 3
- Non-Shift Worker PSQI Score: 6 ± 4
- P-value = 0.7089 Alpha = 0.05
- Wilcoxon Rank-Sum Test Statistic = 173.5

Majority Demographics Sample Findings:

- Age: 20-29 (31.7%)
- Sex: Female (68.3%)
- Race/Ethnicity: White (56.7%)



CONCLUSION

- Shift work has been linked to poor sleep quality in the past, our results suggest that sleep quality may be influenced by individual lifestyle or environmental factors rather than work schedule alone.
- The implications of this encourage a broader perspective and approach to the factors affecting sleep quality.
- Influences on sleep: personal habits, hobbies, mental health, and outside effects.

POLICY IMPLICATIONS

- In the future, the study should include more lifestyle questions. This could include physical activity, screen time, and caffeine usage. Expanding the sample size and the demographic locations would allow the study to reveal patterns across a larger, more diverse population.

METHODS

- Questionnaire regarding participants' demographics, work schedule type, and sleep quality in the past month.
- Sent to multiple healthcare facilities across San Diego County (60 participants).
- Participants' numerical scores were tallied up to display a score out of 21 emulating the PSQI scoring standard.

