

S. Taavoni¹, N. Ekbatani², H. Haghani²

¹Midwifery Continuing Education Office+ PhD Student in Faculty of Medicine+ Research Institute for Islamic & Complementary Medicine (RICM) TUMS, Tehran University of Medical Sciences, Tehran, Iran ; ²Nursing & Midwifery Faculty, Tehran University of Medical Sciences, Tehran, Iran

Sleep disturbance is one of important and high rates symptoms during menopause and need to assess its related factors for better prevention and management.

Objective: To asses related factors of sleep disturbance in healthy 50-60 years old Menopausal women.

Methods: In this cross sectional study, by randomized sampling, 700 healthy volunteer Menopausal women, with age 50- 60 years were interviewed in Health Clinics of West of Tehran (Year 2012). Participants were at least one year after entering menopause period. The study questioner included two main parts of personal characteristics and the Pittsburgh Sleep Quality Index (PSQI). Data were analyzed by using SPSS 14 software. (Approved by ethics committee of Tehran University of Medical Sciences)

Results: Average of age was 52.9 ± 3.3 , and 62.5% had sleep problems. Average of PSQI square was 7.84 ± 4.4 . There were significant correlation between sleep disturbance and occupational status, educational status, husband's occupational status, and economical status ($P = 0.002$). There were no significant correlation between sleep disturbance and other personal characteristics, and consumption of tea, coffee, or cola.

Conclusions: Sleep disturbance is common in menopause. Research group found its rate in previous study with lower samples, 70% and in this study 62.5%. it is better to provide guiding and considering the educational and occupational factors and delivering suitable guiding and counseling of sleep disturbance and suitable interventions could improve sleep quality, which is a very important for maintaining the quality of life.

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