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## Working in fixed or changing shifts and the correlation with insomnia among nursing staff

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Sleep disorders are a group of diseases that impair the ability to sleep well on a regular basis. Whether they are caused by a health problem or by too much stress, health behavior (smoking, alcohol), chronic diseases, lack of sleep. Shift workers in general and caregivers (nurses and nurses) in particular who are employed in their work to work in shifts of morning, evening, night over time, they may suffer from a decrease in the quality of sleep, various sleep disorders, stress and burnout. Cumulative, gastrointestinal disorders, poor mood, lack of motivation. The aim of the study was to examine the relationship between sleep disorders and their severity for changing shifts between siblings. In addition, the study examines whether there is a difference in sleep disorders among those who work shifts and permanent shift workers. The study included 104 Nurses who works in shifts and in permanent shifts and found that there were sleep disturbances among Nurses who work shifts compared with those who works regular morning shifts ( $t(101)=33$   $p<0.01$ ). Furthermore, a correlation was found between sleep disturbance, its severity and shift working. It was found that working on shifts among Nurses adversely affects the quality of life. Identifying these factors contributes to understanding the problems leading to adaptation difficulties in this population (siblings), as well as to identifying and screening those unqualified workers, as well as to developing strategies to improve the ability of employees to cope and function in their work.

### Biography

Keren Grinberg has completed her PhD from Haifa University, Faculty of Health and Welfare Sciences, Haifa, Israel. She is a Lecturer in the Nursing Department and a Member at the research authority in Ruppin Academic Center, Emek Hefer. She has published 7 papers in reputed journals and she is an Instructor of a research seminar for Nursing student.

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