

# Emotional effects of the duration, efficiency and subjective quality of sleep in healthcare personnel

Pérez-Fuentes M.C.

Jurado M.M.M.

Márquez M.M.S.

Martín A.B.B.

Linares J.J.G.

Considering that both sleep quality and duration are linked to psychological variables, this study analyzed the relationships between sleep components and emotional intelligence and the effects that sleep duration has on stress management and mood in a sample of nurses. The sample was made up of 1073 professionals. Data were collected by the Pittsburgh Sleep Quality Index and the Brief Emotional Intelligence Inventory for Senior Citizens. The results showed that the components of sleep quality were negatively related to stress management and mood. Furthermore, nurses who had short sleep patterns also had low moods and high stress levels. This study emphasizes the importance of subjective sleep quality as a necessary resource for professionals to manage stressful situations and mood and improve their relations with their patients and with each other. © 2019 by the authors. Licensee MDPI, Basel, Switzerland.

Duration

Efficiency

Emotional effects

Sleep

Subjective quality

health worker

mental health

psychology

public health

sleep

adult

article

emotional intelligence

human

mood

nurse

Pittsburgh Sleep Quality Index

sleep pattern

sleep quality

sleep time

stress management

affect

emotional intelligence

female

health care personnel

male

mental stress

middle aged

psychology

sleep

Spain

therapy

young adult

Adult

Affect

Emotional Intelligence

Female

Health Personnel

Humans

Male

Middle Aged

Sleep

Spain

Stress, Psychological

Young Adult