

Analysis of sociodemographic and psychological variables involved in sleep quality in nurses

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Background: Sleep quality is related to health and quality of life and can lead to the development of related disorders. This study analyzed the sociodemographic and psychological factors related to sleep quality in nurses. **Methods:** The sample comprised 1094 nurses who were assessed according to the Pittsburgh Sleep Quality Index, the Rosenberg Self-esteem Questionnaire, the Goal Content for Exercise Questionnaire, the Brief Emotional Intelligence Inventory, and the Three-Factor Eating Questionnaire-R18. **Results:** The results confirm the impacts of diet, motivation for physical exercise, emotional intelligence, and overall self-esteem on sleep quality in nurses. **Conclusions:** Sleep quality in healthcare professionals is vitally important for performance at work; therefore, appropriate strategies should be applied to improve it. © 2019 by the authors. Licensee MDPI, Basel, Switzerland.

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