

SLEEP QUALITY IN OLDER PEOPLE CONDITIONED BY DEMOGRAPHIC AND SOCIAL FACTORS

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INTRODUCTION:

The sleep quality in older people results not only from changes in sleep architecture and sleep patterns, but also from comorbidities, demographics and social factors. The aim of the study was to analyze the factors determining the sleep quality of older people.

METHODS: Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI).

RESULTS:

Among the 342 people over 60 years of age, sleep disorders (PSQI > 5 points) were diagnosed in 250 people (83.6%). Sleep disorders have been linked to: marital status (single people experienced sleep disorders more often than married people - 83.0% vs 65.1%; $p<0.001$); the structure of residence (people living alone more often showed sleep disorders than those living only with a spouse - 81.6% vs 36.5%; $p<0.001$); education (people with primary/basic vocational education more often experienced sleep disorders than those with higher education 83.8% vs 64.1%; $p=0.002$); financial situation (people assessing their financial situation as very bad/bad more often showed sleep disorders than people assessing it as very good - 96.9% vs 55.0%; $p<0.001$) - table. The sex and age of the subjects did not affect the sleep quality.

Table. Demographic and social variables determining sleep in the study group.

Demographic and social variables	Sleep		p ^{M-W}
	sleep disorders (PSQI >5 points)	no sleep disorders (PSQI ≤5 points)	
	mean ±SD	mean ±SD	
Age (years)	70.8 ± 7.7	68.9 ± 5.8	0,11
	N (%)	N (%)	p ^{chi2}
Sex			
women	162 (74.0)	57 (26.0)	0.63
men	88 (71.5)	35 (28.5)	
Place of residence			
countryside	82 (78.1)	23 (21.9)	0.17
city	168 (70.9)	69 (29.1)	
Marital status			
single, widow/widower	127 (83.0)	26 (17.0)	<0.001
married	123 (65.1)	66 (34.9)	
Residence structure			
with spouse	99 (63.5)	57 (36.5)	<0.001
with spouse and family	58 (80.6)	14 (19.4)	
living alone	93 (81.6)	21 (18.4)	
Education			
primary/vocational	62 (83.8)	12 (16.2)	0.002
secondary	88 (78.6)	24 (21.4)	
higher	100 (64.1)	19 (35.9)	
Professional activity			
in work	35 (64.8)	19 (35.2)	0.13
out of work	215 (74.7)	73 (25.3)	
Financial situation			
very bad/ bad	31 (96.9)	1 (3.1)	<0.001
average	135 (78.5)	37 (21.5)	
good	73 (61.9)	45 (38.1)	
very good	11 (55.0)	9 (45.0)	

PSQI - Pittsburgh Sleep Quality Index; N - number of people tested; % - percentage of respondents; mean - arithmetic mean; SD - standard deviation; p^{M-W} value - for the Mann-Whitney test, p^{chi2} - for the chi2 test

CONCLUSIONS:

The sleep quality of older people is determined by marital status, structure of residence, education, and financial situation. The sex and age did not affect the sleep quality.

KEY WORDS: sleep quality, demographic and social factors, older people

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