Nursing Counseling about Sleep Hygiene Behaviors for Snoring and Sleeping Disorders among Pregnant Women

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Abstract:

Background: Sleeping disorder is prevalent in pregnancy compared with non-pregnant population. Currently, strategies that intervene during gestation primarily focus on improving sleeping practices to optimize health. The study aimed to determine the frequency and risk factors of snoring and breathing disorders during pregnancy and to counsel these women about sleep hygiene behaviors for improving their sleep quality. Setting: The study was conducted at antenatal outpatient clinic, woman's Health Hospital, Assiut University, Egypt. Methods: Quasi experimental research design and simple random sample were used in collecting and applying the data. A total of 205 pregnant women. Three tools were used for this study included, structure interview questionnaire, Pittsburgh sleep quality index (PSQI) questionnaire and Counseling assessment checklist. Results: Nearly half of women have developed snoring related to pregnancy and more than half of them develop sleeping disorder. There is a significant relation between age, body mass index and maternal diseases as, anemia, RHD, rhinitis and respiratory disease act as risk factors to develop snoring and breathing disorder during pregnancy. Conclusion: Snoring and sleeping disorder can develop and worth related pregnancy, many maternal factors play as a predictor to develop snoring and nursing counseling is important role to improve women behaviors. Recommendations: Continuation nursing counseling on sleep hygiene and lifestyle changes because it safe and effective treatment options.

Keywords:

snoring, sleeping disorder, Sleep hygiene behaviors, nursing counseling

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