



Sleep Quality and Related Determinants among Stroke Patients: Results of a Cross-Sectional Study

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Article Info	A B S T R A C T
Article type: Original article	Background and Aim: Effective rehabilitation and better quality of life among stroke patients are function of several factors such as quality and pattern of sleep. The present study aimed to evaluate sleep quality and related determinants in such patients.
Article History: Received: 20 January 2020 Revised: 04 March 2020 Accepted: 14 May 2020	Materials and Methods: A cross-sectional study was conducted from October 2019 to December 2019 among stroke patients who admitted to Sina Hospital, Hamadan, Iran. Pittsburgh Sleep Quality Index (PSQI) was used in order to determine the sleep quality. Significant determinants of the global score of PSQI were identified via multivariable linear regression.
Keywords: Risk factors Sleep Stroke	Results: A total of 97 stroke patients (age 67±79 years, 55.7% male) were enrolled into the study. The prevalence of poor sleep was 0.84 (95% CI: 0.75, 0.91) in stroke patients. Patients with nervous tension, with surgical treatment method and with cardiac problems had a predicted increase of 1.98, 3.50 and 2.27 in the mean of the global PSQI score ($P \leq 0.05$), respectively. The association between smoking and global PSQI score was negative with ($\beta = -1.71$, 95% CI: -3.42, -0.004). Conclusion: Smoking, nervous tension, treatment method, results of CT scan and cardiac problem were the most effective factors on post-stroke sleep disorder.