ORIGINAL ARTICLE

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Quality of sleep and related factors in Breast Cancer Patients Receiving Chemotherapy in Qom 2011

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Background: Breast cancer is the most common cancer in Iranian women. Sleep disorder is one of the most problem that causes significant disruption in quality of life. Despite higher incidence of sleep disorder in cancer patients, there are few studies in this concern in Iran. The purpose of this study was to determine the quality of sleep and associated factors in the breast cancer patients receiving chemotherapy in Qom city.
Methods: quality of sleep was assessed in 80 breast cancer patients receiving chemotherapy by Pittsburg sleep quality Index (PSQI). PSQI > 5 indicates clinically significant poor sleep quality. The associated factors were analyzed using multiple logistic regression. Adjust odd ratio (AOR) was used to measure magnitude of the effect with 95% confidence interval (CI) .Those variables had p-value less than 0.05 was statistical significant.
Results: The mean score of (PSQI) was 11.73(3.73)and 40 patients (50%) had poor sleep quality,9 patients (11.25%) were consulted with doctors due to sleep disorders. The most reported problems were sleep latency, sleep disturbance and sleep medication. Duration of cancer and treatment methods showed significant association with sleep quality.
Conclusion: sleep quality in breast cancer patient is not satisfactory but unfortunately care providers don't pay enough attention to it. So it is critical to include assessing and treating of sleep disorders
In their medical protocol.
Keywords: Sleep quality; Breast cancer; Chemotherapy.

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