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Sleep patterns and sleeping disorders among low risk and high risk pregnant Saudi women: A comparative approach

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Abstract

Sleep disturbance is a common complaint during pregnancy, particularly in the third trimester. Aim of the study was to investigate sleep patterns and sleeping disorders among low risk and high risk pregnant Saudi women. A descriptive cross-sectional design was utilized for this study. The study was conducted at King Khaled National Guard Hospital, King AbdulAziz Medical City, Jeddah. Simple random stratified sample of 300 pregnant women were recruited for the study, the study included pregnant women who were in the first, second and third trimesters of pregnancy, both low risk and high risk pregnant women. Data was collected with the use of self-administrated questionnaire and Modified Epworth Sleepiness Scale to collect data related to sleep patterns and disorders among pregnant women. Results of the study indicated that more than half of the studied sample was low risk (61.3%) where 38.7% were high risk. The most common problems among the high risk pregnant women were gestational diabetes, anemia, hypertension, respiratory problems and urinary tract infection. It was found that the overall dimensions of chance dozing mean score ranged from 0.00 to 2.5 with a mean of 0.94±0.53, women who were in the first quarter of pregnancy have highest mean score of week-day sleeping time (8.62±3.80) as compared with women who were in the fourth quarter of pregnancy (5.96±4.48). As for symptoms of sleep apnea results indicated that 55% never have awaken choking while 42.67% sometimes have awaken chocking, (61.33%). Result indicated that there was a statistically significant difference between common sleeping problems and gestational age of pregnant women ($X2=39.59$; $p \leq 0.05$). Moreover, the highest mean percentage of common sleeping problems was recorded for leg cramps style (34.33%).

Biography

Abeer Eswi, BSN, MSN, Ph.D., associate Prof., and Head of Maternal and Newborn Health Nursing department, Faculty of Nursing, Cairo University, has 25 years of experience in nursing education teaching both undergraduate and postgraduates. She has several international and national publications, is peer reviewer and is on advisory editorial board in reputed international nursing research journals.

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