

Maternal Postpartum Sleep Disturbance and Fatigue: Factors Influencing

Background: Prevention of postnatal maternal sleep disorders in women is an important component of comprehensive health service delivery because of the substantial potential benefits for population health.

Aim: The aim of this study is to assess the prevalence, causes and pattern of sleep disturbance, fatigue, and find out the relation between, socio-economic factors and the pattern of sleep and fatigue among maternal postpartum.

Subject & Methods: This cross-sectional analytic study was carried out at Sheikh Zayed Hospital, and Helwan General Hospital, Egypt; on 250 postpartum primiparous women in reproductive age who delivered vaginally. Three tools were used for data collection; an interview questionnaire form, the Global-Sleep-Assessment- Questionnaire (GSAQ), and the Multidimensional-Fatigue-Symptom-Inventory-Short-Form (MFSI-SF).

Results: The results revealed that sleep disturbance and fatigue were significantly higher among women who were working, urban living, with high crowding index and among those who didn't receive postnatal instructions. A statistically significant positive relationship between the sleep disturbance and fatigue scores was observed.

Conclusion: Sleep disturbance and fatigue are positively and significantly correlated. Receiving postnatal instructions decrease both sleep and fatigue problems.

Recommendations: It is recommended nurses to give more importance to instructing women regarding postpartum period, and help women to cope with the problems encountered. The discharge plan must include all details and instructions for the women regarding rest and sleep. Further research is proposed to assess the effect of nursing interventions to help women who have postnatal sleep disturbances and fatigue to cope with these problems.

Keywords: Sleep disturbance, Fatigue, Postpartum women