

List of Contents

Title	Page
♦ Introduction	1
♦ Aim of the Work	3
♦ Review of the Literature	
▪ Introduction	4
▪ Definitions of sleep	6
▪ Importance of sleep	8
▪ Benefits of sleep	9
▪ Sleep physiology	12
▪ Sleep cycle	15
▪ Factors affecting sleep at night	18
▪ Definition of internship nursing students	19
▪ Definition of sleep pattern disturbance	20
▪ Sleep disturbances in nursing students	22
▪ Sleep deprivation and performance impairment	24
▪ Common sleep disorders	40
▪ Sleep hygiene measures and intervention	48
♦ Subjects and Methods	53
♦ Results	61
♦ Discussion	82
♦ Conclusion	93
♦ Recommendations	94
♦ Summary	96
♦ References	100
♦ Appendices	125
♦ Arabic Summary	—

List of Abbreviations

CRP	: C-Reactive Protein
ESR	: Erythrocyte Sedimentation Rate
GPA	: Grade Point Average
NHLBI	: National Heart, Lung & Blood Institute
NREM	: Non Rapid Eye Movement
PLMS	: Periodic Limb Movement in Sleep
PSQI	: Pittsburgh Sleep Quality Index
PV	: Plasma Viscosity
REM	: Rapid Eye Movement
RLS	: Restless Leg Syndrome

List of Tables

Table No.	Title	Page No.
1	Socio-demographic characteristics of internship nursing students (n=200).	64
2	The usual times for sleep and wake up among internship nursing students. (n=200).	65
3	Difficulties during sleep in the past month (n=200).	66
4	Sleep description during the past month (n=200).	68
5	Possibility of drug taking and staying awake, while engaging in social activities (n=200).	69
6	During the past month, how much problems have it been for the study sample to keep up enthusiasm for getting things done (n=200).	70
7	Sleep pattern among internship nursing students (n=200).	71
8	Relation between sleep pattern and socio-demographic characteristics of the internship nursing students (n=200).	72
9	Comprehensive description of the work performance among internship nursing students (n=200).	73
10	Observation of work performance of internship nursing students as psychosocial individuals (n=200).	74
11	Observation of work performance of internship nursing students in patient's case task (n=200).	75

12	Observation of communication of internship nursing students during their work (n=200).	76
13	Observation of work performance of internship nursing student's skills during their work (n=200).	77
14	Observation of internship nursing students' performance in patients' care task (n=200).	78
15	Observation of the study sample's performance regarding dressing procedures (n=200).	79
16	Observation of internship nursing students' performance regarding vital signs (n=200).	80
17	Observation of internship nursing student's performance regarding medication administration task (n=200).	81
18	Relations between socio-demographic characteristics of the internship nursing students and their work performance (n=200).	82
19	Relation between sleep pattern and work performance of the internship nursing students (n=200).	83



Introduction





Aim of the Study





Review of Literature





Subjects and Methods





Results





Discussion





Conclusion





Recommendations





Summary





References





Appendices

