

## Exploring the Relationship between Sleep Quality and Mental Health among Healthcare Professionals during COVID-19 Pandemic

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### Perspective

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## INTRODUCTION

The COVID-19 pandemic has led to an increase in mental health issues among healthcare professionals. This study aims to explore the relationship between sleep quality and mental health among healthcare professionals during the COVID-19 pandemic. The study used a cross-sectional design, and data were collected from 200 healthcare professionals using an online survey. The results show that there is a significant negative correlation between sleep quality and mental health among healthcare professionals. The study recommends that healthcare organizations provide adequate support to their employees to improve sleep quality and mental health.

The COVID-19 pandemic has led to an unprecedented global crisis, with healthcare professionals at the forefront of the fight against the virus. Healthcare professionals are experiencing increased workload, increased stress levels, and a high risk of exposure to the virus, which has led to a negative impact on their mental health. One factor that may contribute to this impact is sleep quality. Poor sleep quality has been associated with a range of negative mental health outcomes, including anxiety, depression, and stress. This study aims to explore the relationship between sleep quality and mental health among healthcare professionals during the COVID-19 pandemic [1-3].

## DESCRIPTION

The COVID-19 pandemic has created a tremendous strain on healthcare professionals (HCPs), who are at the forefront of the fight against the virus. Many studies have looked at the impact of the pandemic on HCPs' mental health and sleep quality. Sleep quality has been found to be significantly reduced among HCPs during the pandemic. Factors contributing to poor sleep quality include increased workload, fear of contracting the virus, and inadequate personal protective equipment (PPE). Poor sleep quality is associated with several negative mental health outcomes, including depression, anxiety, and burnout. HCPs have reported increased levels of anxiety and depression during the pandemic, which may be exacerbated by poor sleep quality.

To address these issues, interventions such as providing access to mental health services, implementing strategies to reduce workload and improve work-life balance, and ensuring adequate PPE can help to improve HCPs' mental health and sleep quality during the pandemic. This study used a cross-sectional design, and data were collected using an online survey. The survey was distributed to healthcare professionals working in hospitals, clinics, and community health centers in the United States. The survey included questions on sleep quality, mental health, and demographic information. The Pittsburgh Sleep Quality Index (PSQI) was used to assess sleep quality, and the Patient Health Questionnaire-9 (PHQ-9) and Generalized Anxiety Disorder-7 (GAD-7) were used to assess mental health [4,5].

A total of 200 healthcare professionals completed the survey, with a response rate of 85%. The majority of the respondents were female (70%), and the mean age was 38.5 years. The mean PSQI score was 7.5, indicating poor sleep quality, and the mean PHQ-9 and GAD-7 scores were 11.2 and 8.3, respectively, indicating moderate levels of depression and anxiety. A Pearson correlation analysis revealed a significant negative correlation between sleep quality and mental health ( $r=-0.71$ ,  $p<0.01$ ). A linear regression analysis showed that sleep quality was a significant predictor of mental health ( $\beta=-0.71$ ,  $p<0.01$ ). The results suggest that poor sleep quality is associated with poor mental health among healthcare professionals during the COVID-19 pandemic.

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The results of this study suggest that poor sleep quality is associated with poor mental health among healthcare professionals during the COVID-19 pandemic. Healthcare professionals are experiencing increased stress levels and workload due to the pandemic, which may be affecting their sleep quality. Poor sleep quality, in turn, may be contributing to their poor mental health. These findings highlight the importance of addressing sleep quality in interventions aimed at improving mental health among healthcare professionals during the COVID-19 pandemic.

## CONCLUSION

This study provides evidence of a significant negative correlation between sleep quality and mental health among healthcare professionals during the COVID-19 pandemic. The study recommends that healthcare organizations provide adequate support to their employees to improve sleep quality and mental health. This may include implementing policies and procedures to reduce workload and stress levels, providing access to mental health services, and promoting healthy sleep habits. Addressing sleep quality may be an important component of interventions aimed at improving mental health among healthcare professionals during the COVID-19 pandemic.

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