

Abstract

Background & Objective: Nowadays the elderly population is growing all over the world. Poor sleep quality is one of the most common difficulties of older adults and potentially be related to health and morbidity. According to frequent complaints of insomnia in elderly people, this study was designed to determine the effect of promotion sleep training program on sleep quality in older adults.

Materials & Methods: The study was a quasi-experimental research that carried out on 63 elderly in Gonabad city. After convenience sampling the elderly were randomly assigned to two groups of experimental (n=31) and control (n=32) groups. Then the experimental group participated in 30-40 minutes promotion sleep training program. Sleep quality of sample was assessed before and after the intervention by Pittsburg Sleep Quality Index (PSQI). An overall score of "6" or higher was an indicator of "poor" quality of sleep. After intervention 69 persons completed questionnaire. Data were analyzed using independent T-test, paired T-test, wilcoxon, Mann-whitney U and Chi-square in the SPSS-version 19.

Results: there were not significant differences between experimental and control groups before intervention. But there were significant differences between means of Sleep Disturbances, sleep latency, sleep duration, daytime dysfunction and global scores after the intervention in two groups ($P < 0.05$).

Conclusion: The results of this study indicate of promotion sleep training program has effective and positive outcomes on sleep quality in older adults. And can be useful as a nonpharmacological and inexpensive method for improvement quality sleep in older adults.

Keywords: Promotion Sleep, Training Program, Older Adults, Sleep quality