

## ***Relationship between quality of sleep and quality of life in women referred to health centers***

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### ***Abstract***

***Background & Aim:*** Quality of sleep and Quality of life Reducing is one of the most common complaints in women, especially during pregnancy and after that it can be an appropriate platform for many disorders during pregnancy and after childbirth for mother and fetus. This

***Methods:*** This two group cross-sectional study was conducted in the first six months of 1394. The data collected tools were three questionnaires: demographic characteristics, Pittsburgh Sleep Quality Index and the World Health Organization Quality of Life Questionnaire - Short Form (WHOQOL-BREF). Data on three groups of pregnant women, women with infant children and other women were gathered and with SPSS 21 software and using descriptive and analytical statistics were analyzed.

***Results:*** The findings showed that the average quality of sleep and quality of life in women were 7.16 and 70.91, both in the medium level. Quality of life was significantly associated with participant's education As well as between the three groups of pregnant women, infant children and other women also showed a statistically significant difference. Sleep quality was so poor in 74.5 percent of the women and had a significant positive correlation with quality of life.

***Conclusion:*** In addition of high prevalence of sleep disorders in women especially pregnant women and mothers with infant children and reduce their quality of life, the necessity to improve the lives of women required to appear.

***Keywords:*** sleep disorders, quality of life, women