Abstract

It has been observed there is currently a growing interest in developing research regarding the sleep patterns of workers who must wake up very early or who work nights. Therefore, the objective of this study was to identify the levels of fatigue and the sleep patterns of nursing students who study during the day and work at night. Participants were thirty students who completed the Epworth Sleepiness Scale and Sleep Journal for thirty days. It was found that sleep duration was longer among men compared to women on days off work, and when on vacation from school compared to the regular school period. Participants showed high levels of fatigue and sleepiness, characterized by the incidence of excessive daytime sleepiness. In conclusion, night workers who endure sleep deprivation have additional wake hours due to studying, thus causing high levels of fatigue, which may harm their performance at school and at work.

Keywords

Sleep, Sleep stages, Students, nursing, Night work.