



Study effectiveness Sleep hygiene training on Staff working on the events work turns or rotating work turns Parvadeh Tabas coal companies in 2013

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Original Article:

Received 10 May. 2016 Accepted 29 May. 2016 Published 29 June. 2016

ABSTRACT

Getting disturbed sleep, of the most work turns problems that can be physical and psychological consequences for the health of more, they have sought. Also, the ability and the performance of their daily care and acceptance of liability will reduce job; this half of the mode of experimental data with pretest and post test control group and two 15-Member group that had a prominent sleep disorder, was implemented. In this study, 18 questionnaire questionnaire quality of sleep (PSQI) was used and the working staff of the events. After completing the questionnaire and sleep and health education information, then run the test by USING SPSS software and with the help of statistical analysis tests were. The results showed that significant differences in test scores, sleep quality, occupational accidents in this group compared to the control group, there have been ($P < 0.0001$).

Keyword:

Sleep health, employees, business events

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