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Research Article

## ASSESSING SLEEP QUALITY AND FACTORS AMONG PREGNANT WOMEN VISITING ANTENATAL CARE; IN ARMED FORCES HOSPITAL – DHAHRAN, SAUDI ARABIA

HOW PREGNANTS SLEEP!

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**Abstract:**

**Background:** Sleep is one of the daily important needs for physical, psychological and mental health for all individuals. During pregnancy, sleep disturbance is commonly happened, even with women with normal sleep previously.

**Aim:** To assess quality of sleep-in pregnant women and associated factors.

**Methods:** This study was a cross-sectional including 148 participants, conducted in Dhahran city by distributing a validated self-constricted questionnaire among pregnant women attending Antenatal Clinic in Armed forces hospital during 2021.

**Results:** One hundred forty-eight pregnant women participated in this study. most of (the cases 62 (80.5%) stated fairly good sleeping quality and 137 (97.9%) never use sleeping pills, where the mean scores of "Minutes needed to fall asleep each night" and "Hours of sleep/night" were 21.9±18.3 and 8.2±1.9. The mean of the global score was 4.5±2.4 indicating good sleep quality. No significant difference was found regarding demographic data except using of hypnotic medication before pregnancy, where those who receive had higher score than those who didn't receive (9.0 vs 4.4, p=0.027).

**Conclusions:** Most of the cases stated fairly good sleeping quality, where, the mean of the global score indicated good sleep quality. Using hypnotic medication before pregnancy showed higher score than those who didn't use indicating problem in sleeping. Further nation-wide studies on the assessment of sleep quality and prevalence among pregnant women and associated factors need to be conducted in larger sample size and regions other than Dhahran.

**Keyword:** Sleep quality and prevalence, Pregnant Women, Knowledge, Antenatal care, Pittsburgh Sleep Quality Index questionnaire.

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## INTRODUCTION:

### Background:

Pregnancy is the stage of fetus formation and development in the mother uterus for nine months, it is a unique time for mothers' life, However, there are some different risks that may be experienced by the mother or fetus during this period

Sleep is one of the daily important needs for physical, psychological and mental health for all individuals as well in pregnant women (1)

During pregnancy, sleep disturbance is commonly happen (2-4) even with women with normal sleep previously (5,6), and usually it is one of the things that disregarded or overlooked during health care assessment for pregnant women (7)

Different changes happen during pregnancy comprise hormonal, physiological and physical changes that can cause negative effect on the mother and her fetus (8)

Many studies showed that decrease sleep quality can influence to unfavorable consequences on pregnancy, it increase the risk of delivering preterm (9), moreover it can affect the type of delivery, length of labor stages, as well as neonates' Apgar score and birth weight negatively (10), additionally they link poor sleep quality and depressive symptoms in pregnancy (11), and it increase risk of abnormal glucose regulation thus GDM (12,13)

Understand this is important for mother and fetus to give timely assessment and management, whereas some causes of sleep disturbance can be treated. Many studies have assessed the sleep quality during pregnancy but most of these studies were carried out in the western population only, and no exact statistics found on the prevalence of sleep quality in Saudi Arabia. This study aimed to assess quality of sleep-in pregnant women and associated factors.

## METHODOLOGY:

### Study design:

This study was a descriptive cross-sectional study conducted among pregnant women who attending the antenatal care clinic (saqr assalam) in Dhahran city, eastern province, Saudi Arabia, who fit the inclusion criteria (age >16 years, / any trimester, who have no chronic disease).

Convenient nonprobability sampling method was used until the sample size (148 pregnant women) was reached. A sample of were chosen randomly from all of the programs using a proportional percentage.

All ethical approvals were obtained (IRB Dhahran, the primary care center, written consent from participants on the front page of the Questionnaire). All information is confidential.

### Data collection tool (instrument):

The data was collected through self-administered distributed questionnaire copies in female waiting area. The authors used Pittsburgh Sleep Quality Index questionnaire (PSQI) which was developed by Buysse et al in 1989 to evaluate sleep quality. It consists of 19 self-report items of which questions are open-ended belong to one of seven subcategories and 14 are ranked on a Likert scale from 0 to 3. 5 additional questions rated by the respondent's roommate or bed partner are included for clinical purposes & are not scored. Questionnaire should require between 5 – 10 min for completion. Higher scores indicate poor sleep quality. A total score higher than 5 is assessed as poor sleep quality. This cutoff point has a sensitivity of 89.6% & a specificity of 86.5% (14)

The PSQI has been successfully translated into Arabic & back translated into English by 10 Arabic bilingual translators. then was tested in a sample of 35 healthy Arabic bilinguals. The internal consistency reliability for the global PSQI demonstrate borderline acceptability (Cronbach's alpha = 65), They adapted this pre designed questionnaire Arabic version done by (15) consent was taken on 8 oct 2019. (<https://cutt.us/Appendix1>)

### Data entry and analysis:

All collected data were coded and entered into a personal computer. Data entry and statistical analysis performed by using the Statistical Product and Service Solutions (SPSS, version 22.0) and appropriate statistical tests were applied. Descriptive statistics (i.e., frequency, percentage, mean and standard deviation) calculated. Independent t test, one way ANOVA, and Pearson correlation were applied to compare participants' quality of sleep according to different independent variables (socio-demographic characteristics) were conducted. P-value of <0.05 was considered as statistically significant.

## RESULT:

Out of 148 pregnant women, 84 (56.8%) were from group age (26-35), 91 (61.5%) were in 2<sup>nd</sup> semester, 48 (32.4%) in 1<sup>st</sup> semester and only 7 (4.7%) in 3<sup>rd</sup> semester. More than third 49 (37.7%) were overweight and third 41 (31.5%) were obese, where the mean score of BMI was 28.0±5.6. The half 50.7%

had attend college and 37.8% attend high school, 123 (84.8%) were housewives. Most of the cases 125 (84.5%) didn't have complications. The majority 141 (95.3%) live in the city, 134 (90.5%) have family support, and 145 (98.0%) didn't receive Hypnotic medication before pregnancy. **(Table 1)**

Sleep quality characteristics present in table 2, where most of (the cases 62 (80.5%) stated fairly good sleeping quality and 137 (97.9%) never use sleeping pills, where the mean scores of "Minutes needed to fall asleep each night" and "Hours of sleep/night" were  $21.9 \pm 18.3$  and  $8.2 \pm 1.9$ . **(Table 2)**

The result in table 3 revealed that most of the cases 132 (89.2%) have their partners in the same bed, 89 (64.5%) no snoring, and 106 (80.3%) no sleep apnea. **(Table 3)**

The result in table 4 showed the mean score of the total and the seven subgroups, where the mean of the global score was  $4.5 \pm 2.4$  indicating good sleep quality. **(Table 4)**

The result showed a non- significant negative correlation between global score and "No of current pregnancy", "No of current children", and "BMI". While a non- significant positive correlation was found between global score and "Last baby age". **(Table 5)**

The result revealed a significant difference in the global score regarding using hypnotic medication before pregnancy, where those who receive had higher score than those who didn't receive (9.0 vs 4.4,  $p=0.027$ ) indicating having problem in sleeping. On the other hand, no significant difference was found regarding other demographic data. **(Table 6)**

**Table (1) Demographic data:**

| Variable              | N   | %    |
|-----------------------|-----|------|
| <b>Age</b>            |     |      |
| Unknown               | 2   | 1.4  |
| 18-25                 | 35  | 23.6 |
| 26-35                 | 84  | 56.8 |
| 26-36                 | 1   | .7   |
| 26-45                 | 1   | .7   |
| 36-45                 | 25  | 16.9 |
| <b>Semester</b>       |     |      |
| Unknown               | 2   | 1.4  |
| 1st trimester         | 48  | 32.4 |
| 2nd trimester         | 91  | 61.5 |
| 3rd trimester         | 7   | 4.7  |
| <b>BMI category</b>   |     |      |
| underweight           | 4   | 3.1  |
| Normal weight         | 36  | 27.7 |
| Overweight            | 49  | 37.7 |
| Obese                 | 41  | 31.5 |
| <b>Education</b>      |     |      |
| Unknown               | 1   | .7   |
| post college          | 2   | 1.4  |
| College               | 73  | 49.3 |
| High school           | 56  | 37.8 |
| Intermediate          | 9   | 6.1  |
| Primary school        | 7   | 4.7  |
| <b>Occupation</b>     |     |      |
| Unknown               | 2   | 1.4  |
| housewife             | 124 | 83.8 |
| work                  | 22  | 14.9 |
| <b>Monthly income</b> |     |      |
| Unknown               | 84  | 56.8 |

|   |                  |                          |
|---|------------------|--------------------------|
| <6000                                       | 30               | 20.3                     |
| >15000                                      | 4                | 2.7                      |
| 6000-15000                                  | 30               | 20.3                     |
| <b>Complications</b>                        |                  |                          |
| abortion                                    | 1                | .7                       |
| C/S   | 17               | 11.5                     |
| GDM   | 2                | 1.4                      |
| GDM - proteinuria                           | 1                | .7                       |
| high BP                                     | 1                | .7                       |
| palpitation                                 | 1                | .7                       |
| none  | 125              | 84.5                     |
| <b>Hypnotic medication before pregnancy</b> |                  |                          |
| no  | 145              | 98.0                     |
| sometimes                                   | 1                | .7                       |
| yes   | 2                | 1.4                      |
| <b>Residency</b>                            |                  |                          |
| Unknown                                     | 1                | .7                       |
| city  | 141              | 95.3                     |
| town  | 6                | 4.1                      |
| <b>Family support</b>                       |                  |                          |
| Unknown                                     | 2                | 1.4                      |
| not present                                 | 12               | 8.1                      |
| present                                     | 134              | 90.5                     |
| <b>Variable</b>                             |                  |                          |
|   | <b>Mean ± SD</b> | <b>Rang (min-max)</b>    |
| %)MI  | 28.0±5.6         | (16.2-4.9)               |
| <b>Variable</b>                             |                  |                          |
|   | <b>Median</b>    | <b>Quartile (25,75 )</b> |
| No of current pregnancy                     | 2                | (1,4)                    |
| No of current children                      | 1                | (0,2)                    |
| Las baby age                                | 3                | (2,5)                    |

Data were presented as number (%) or as Mean ± SD or as median

Table (2) Pittsburgh Sleep Quality Index questionnaire (PSQI) items (self-reported)

| Variable  | N  | %    |
|---|----|------|
| <b>Can't sleep within 30 min</b>                |    |      |
| Never   | 56 | 41.2 |
| Less than 1/week                                | 22 | 16.2 |
| One -tow/week                                   | 36 | 26.5 |
| Three or more/week                              | 22 | 16.2 |
| <b>Wake up middle of night or early morning</b> |    |      |
| Never   | 28 | 21.1 |
| Less than 1/week                                | 12 | 9.0  |
| One -tow/week                                   | 35 | 26.3 |
| Three or more/week                              | 58 | 43.6 |
| <b>Wake up for bathroom</b>                     |    |      |
| Never   | 16 | 11.4 |
| Less than 1/week                                | 11 | 7.9  |
| One -tow/week                                   | 23 | 16.4 |
| Three or more/week                              | 90 | 64.3 |
| <b>Breathing difficulty</b>                     |    |      |
| Never   | 65 | 54.2 |
| Less than 1/week                                | 24 | 20.0 |
| One -tow/week                                   | 13 | 10.8 |
| Three or more/week                              | 18 | 15.0 |
| <b>Coughing or snoring</b>                      |    |      |
| Never   | 94 | 78.3 |
| Less than 1/week                                | 17 | 14.2 |
| One -tow/week                                   | 3  | 2.5  |
| Three or more/week                              | 6  | 5.0  |
| <b>Feeling cold</b>                             |    |      |
| Never   | 58 | 46.8 |
| Less than 1/week                                | 39 | 31.5 |
| One -tow/week                                   | 21 | 16.9 |
| Three or more/week                              | 6  | 4.8  |
| <b>Feeling hot</b>                              |    |      |
| Never   | 68 | 56.7 |
| Less than 1/week                                | 23 | 19.2 |
| One -tow/week                                   | 16 | 13.3 |
| Three or more/week                              | 13 | 10.8 |
| <b>Bad dreams</b>                               |    |      |
| Never   | 70 | 57.9 |
| Less than 1/week                                | 29 | 24.0 |
| One -tow/week                                   | 13 | 10.7 |
| Three or more/week                              | 9  | 7.4  |
| <b>Feeling pain</b>                             |    |      |
| Never   | 49 | 40.8 |
| Less than 1/week                                | 30 | 25.0 |
| One -tow/week                                   | 28 | 23.3 |
| Three or more/week                              | 13 | 10.8 |
| <b>Other reasons</b>                            |    |      |
| Abdomen pain                                    | 1  | .7   |
| Backache  | 2  | 1.4  |
| Bloating  | 1  | .7   |

|   |                  |                       |               |                          |
|---|------------------|-----------------------|---------------|--------------------------|
| Cough   | 1                | .7                    |               |                          |
| Flu   | 1                | .7                    |               |                          |
| Leg cramp   | 1                | .7                    |               |                          |
| Nausea  | 3                | 2.0                   |               |                          |
| Pain  | 2                | 1.4                   |               |                          |
| Toothache   | 1                | .7                    |               |                          |
| <b>Sleep quality overall</b>                                    |                  |                       |               |                          |
| very good   | 2                | 2.6                   |               |                          |
| fairly good   | 62               | 80.5                  |               |                          |
| fairly bad  | 11               | 14.3                  |               |                          |
| very bad  | 2                | 2.6                   |               |                          |
| <b>Using sleeping pills</b>                                     |                  |                       |               |                          |
| Never   | 137              | 97.9                  |               |                          |
| Less than 1/week  | 2                | 1.4                   |               |                          |
| Three or more/week  | 1                | .7                    |               |                          |
| <b>Daytime dysfunction</b>                                      |                  |                       |               |                          |
| Never   | 93               | 69.4                  |               |                          |
| Less than 1/week  | 20               | 14.9                  |               |                          |
| One -tow/week   | 19               | 14.2                  |               |                          |
| Three or more/week  | 2                | 1.5                   |               |                          |
| <b>How big is the problem to keep enough to get things done</b> |                  |                       |               |                          |
| No problem at all   | 72               | 50.0                  |               |                          |
| Only a very slight problem                                      | 46               | 31.9                  |               |                          |
| Somewhat of a problem   | 22               | 15.3                  |               |                          |
| Very big problem  | 4                | 2.8                   |               |                          |
|   |                  |                       |               |                          |
| <b>Variable</b>   | <b>Mean ± SD</b> | <b>Rang (min-max)</b> | <b>Median</b> | <b>Quartile (25,75 )</b> |
| <b>Minutes needed to fall asleep each night</b>                 | 21.9±18.3        | (1-120)               | 15            | (10,30)                  |
| <b>Hours of sleep/night</b>                                     | 8.2±1.9          | (5-12)                | 8             | (7,10)                   |

Data were presented as number (%) or as Mean ± SD or as median

**Table (3) Pittsburgh Sleep Quality Index questionnaire (PSQI) items (respondent's roommate or bed partner)**

| Variable                   | N   | %    |
|----------------------------|-----|------|
| <b>Room partner</b>        |     |      |
| No bed partner or roommate | 3   | 2.0  |
| Partner in other room      | 7   | 4.8  |
| Partner in room not in bed | 3   | 2.0  |
| Present in same bed        | 132 | 89.2 |
| Unknown                    | 3   | 2.0  |
| <b>Snoring</b>             |     |      |
| Never                      | 89  | 64.5 |
| Less than 1/week           | 22  | 15.9 |
| One -tow/week              | 16  | 11.6 |
| Three or more/week         | 11  | 8.0  |
| <b>Sleep apnea</b>         |     |      |
| Never                      | 106 | 80.3 |
| Less than 1/week           | 17  | 12.9 |
| One -tow/week              | 5   | 3.8  |
| Three or more/week         | 4   | 3.0  |
| <b>Leg twitch/jerk</b>     |     |      |
| Never                      | 92  | 70.8 |
| Less than 1/week           | 16  | 12.3 |
| One -tow/week              | 9   | 6.9  |
| Three or more/week         | 13  | 10.0 |
| <b>Confusing episode</b>   |     |      |
| Never                      | 98  | 73.1 |
| Less than 1/week           | 21  | 15.7 |
| One -tow/week              | 10  | 7.5  |
| Three or more/week         | 5   | 3.7  |

Data were presented as number (%)

**Table (4) Pittsburgh Sleep Quality Index questionnaire (PSQI) subcategories and global score:**

| Variable                         | Mean ± SD | Rang (min-max) | Median | Quartile (25,75 ) |
|----------------------------------|-----------|----------------|--------|-------------------|
| <b>Global score</b>              | 4.5±2.4   | (0-13)         | 4      | (3,6)             |
| <b>Subjective sleep quality</b>  | 1.2±0.5   | (0-3)          | 1      | (0,1)             |
| <b>Sleep latency</b>             | 1.1±0.9   | (0-3)          | 1      | (0,2)             |
| <b>Sleep duration</b>            | 0.9±0.5   | (0-3)          | 1      | (0,0.75)          |
| <b>Habitual sleep efficiency</b> | 0.9±0.5   | (0-3)          | 1      | (0,0.75)          |
| <b>Step disturbance</b>          | 1.4±0.7   | (0-3)          | 1      | (0,2)             |
| <b>Using sleeping medication</b> | 0.2±0.03  | (0-3)          | 1      | (0,1)             |
| <b>Daytime dysfunction</b>       | 0.8±0.6   | (0-3)          | 1      | (0,1)             |

Data were presented as Mean ± SD or as median

**Table (5) The correlation between the global score and demographic data:**

| Variable     |         | No of current pregnancy | BMI    | No of current children | Last baby age |
|--------------|---------|-------------------------|--------|------------------------|---------------|
| Global score | r       | -0.093                  | -0.075 | -0.047                 | 0.111         |
|              | P value | 0.265                   | 0.397  | 0.678                  | 0.256         |

r: Pearson correlation

P value &lt; 0.05 consider significant

**Table (6) The differences in the global score regarding demographic data:**

| Variable                                    | Mean   | SD      | Test    | P value |
|---|--------|---------|---------|---------|
| <b>Age</b>                                  |        |         |         |         |
| 18-25                                       | 4.4857 | 1.90002 | F=0.872 | 0.502   |
| 26-35                                       | 4.3571 | 2.71383 |         |         |
| 36-45                                       | 5.2400 | 1.89912 |         |         |
| <b>Semester</b>                             |        |         |         |         |
| 1st trimester                               | 4.8750 | 2.58165 | F=0.612 | 0.608   |
| 2nd trimester                               | 4.3407 | 2.36746 |         |         |
| 3rd trimester                               | 5.0000 | 2.30940 |         |         |
| <b>BMI category</b>                         |        |         |         |         |
| 1.00  | 6.0000 | 1.63299 | F=0.431 | 0.731   |
| 2.00  | 4.5833 | 2.47704 |         |         |
| 3.00  | 4.8367 | 2.44393 |         |         |
| 4.00  | 4.8537 | 2.41414 |         |         |
| <b>Education</b>                            |        |         |         |         |
| post college                                | 6.0000 | 4.24264 | F=1.308 | 0.264   |
| College                                     | 4.8630 | 2.34115 |         |         |
| High school                                 | 4.1964 | 2.56139 |         |         |
| Intermediate                                | 4.8889 | 2.20479 |         |         |
| Primary school                              | 3.5714 | 2.14920 |         |         |
| <b>Occupation</b>                           |        |         |         |         |
| housewife                                   | 4.6290 | 2.47415 | T=1.855 | .0.066  |
| work  | 3.9545 | 2.33966 |         |         |
| <b>Monthly income</b>                       |        |         |         |         |
| <6000                                       | 3.8333 | 2.05247 | F=1.540 | 0.207   |
| >15000                                      | 5.7500 | 1.89297 |         |         |
| 6000-15000                                  | 4.3667 | 1.99107 |         |         |
| <b>Hypnotic medication before pregnancy</b> |        |         |         |         |
| no  | 4.4897 | 2.36325 | F=3.687 | 0.027*  |
| sometimes                                   | 3.0000 |         |         |         |
| yes   | 9.0000 | 5.65685 |         |         |
| <b>Residency</b>                            |        |         |         |         |
| city  | 4.4539 | 2.45670 | T=1.188 | .0.237  |
| town  | 6.3333 | 1.50555 |         |         |
| <b>Family support</b>                       |        |         |         |         |
| not present                                 | 4.0000 | 2.29624 | T=0.794 | 0.429   |
| present                                     | 4.5896 | 2.47761 |         |         |

Comparison was done using independent t test (T) or one way ANOVA (F)

P value &lt; 0.05 consider significant



**DISCUSSION:**

Sleep disturbances are common during pregnancy and numerous researchers have focused on exploring the factors have influencing on the sleep, where, poor sleep quality has adverse pregnancy outcomes both in the mother and the fetus. (4,16) In 2002, Hedman and colleagues, conducted a survey and found that the mean hours of total sleep per 24 hours before pregnancy was 7.8 hours and increased to 8.2 hours during the first trimester. While, there was a reducing in the sleep time during the second trimester to 8.0 hours and it again decreased to 7.8 hours in third semester. (17)

The factors contributing to the changes in the sleep quality during pregnancy are neurohormonal changes especially the increase in the progesterone level during pregnancy which can lead to excessive daytime sleepiness in the first trimester, age, parity, marital status, and socioeconomic factors. (18) Also, the levels of oxytocin, prolactin, and cortisol increase and have effects on sleep regulation. Furthermore, respiratory, musculoskeletal, and cardiovascular changes, as well as weight gain and bladder compression by the uterus have impacts on sleep. (19) This disturbance in sleep pattern varies from 13% to 80% in the first trimester and 66% to 97% in the third trimester. (20)

The present study aimed to assess quality of sleep in pregnant women and associated factors.

Most of the participants reported fairly good sleeping quality, where the global score was 4.5. This result is better than Vietnam study, where, 58.% reported good quality of sleep (PSQI<5). (21) Also, it is better than Taiwan and Iran studies (the mean score PSQI was  $7.25 \pm 3.43$  and  $8.58 \pm 2.55$ , respectively). (2,22)

In the current study, younger mothers were more likely to have better quality of sleep. This tendency was similar to a study conducted by Taskiran, showing that women aged between 29- and 45-year-old had worse sleep quality than the age group between 17 and 28. (23) Also, the study conducted in Vietnam. (21) However, as the sample size of our study was quite small, this difference might not reveal as significant.

The results of the current study show that a pregnant woman in the third trimester has a poor quality of sleep (the mean global score =5) without significant difference. Though the sleep quality was not altered in the initial months of pregnancy. India, Canada, and Australia studies reported similar result. (4,24,25) Where, in Canada study, the average PSQI score

during pregnancy was 6.07 and 45.7% of expectant mothers experienced poor sleep quality as defined by a PSQI  $\geq 5$  score. (24) Also, in India study the pregnant woman in the third trimester had a poor sleep quality whereas in the first and second trimester the mean global score was found to be <5 which indicates that the overall sleep quality seems to be good in the first and second trimester of pregnancy. (4,24)

In USA study, parity was a significant correlate of sleep. Nulliparous women exhibited a significant decline in sleep quality in later pregnancy as compared to earlier pregnancy, as indicated by higher scores on the PQSI. In contrast, multiparous women exhibited poorer overall sleep quality than nulliparous women during the first and second trimester of pregnancy and no significant change over the course of pregnancy. However, changes were observed in reports of trouble sleeping, with both multiparous and nulliparous women reporting a frequent need to get up to use the restroom at night during pregnancy. (3) Similar result was reported in the current study, where a non-significant negative correlation was reported between parity and global score. The data from the current study and USA study support the argument that multiparous women may have more difficulty sleeping due to external demands related to child-rearing.

In the current study, the result showed that only 3 used medications before pregnancy, where those who use it have significantly higher global score indicating problems in sleeping ( $p < 0.027$ ). While in USA study, the authors reported the high prevalence of sleep related medication use by women during pregnancy. Approximately one in 25 women reported medication use at least three times a week, and more than one in 10 reported use in the past month. (26) This differences in the percentage could be due to several factors such as socio-economic factors, geographic areas, sample size, and studies nature.

Overall, better understanding of the quality of sleep and sleep disorders can decrease the incidence of adverse maternal and fetal outcomes among pregnant women. In Thailand study it was found that appropriate sleep counselling to pregnant women by health care professionals may improve the quality of prenatal care. (2) However, in the current study, this topic was not included due to time limitations.

**Limitations:**

The hospital in the study area only accept who are eligible to ministry of defense (military or non-military) and their relatives, so our sample can't

represent society. This antenatal care clinic in primary health care center (saqr assalam) accept follow up of pregnant women until 6<sup>th</sup> month of pregnancy then the pregnant continue follow up in obstetrics & gynecology clinic until delivery. The nature of the study was subjective. All of these limitations prevent the researcher from generalize the results to the community.

#### CONCLUSION AND RECOMMENDATION:

The study sidelight on the sleeping quality pattern among pregnant women, where most of the cases stated fairly good sleeping quality, and the mean of the global score indicated good sleep quality. Using hypnotic medication before pregnancy showed higher score than those who didn't use indicating problem in sleeping. The sleep quality is disturbed during pregnancy and it is more in the third trimester of pregnancy, even that there is no significant difference. The authors recommended that doctors should encourage the pregnant women to talk about sleep disturbance with their doctors. Further nationwide studies on the assessment of sleep quality and prevalence among pregnant women and associated factors need to be conducted in larger sample size and regions other than Dhahran.

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