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## Factors Affecting the Quality of Sleep in Patients with Heart Failure

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**Aim(s):** It is known that poor sleep quality of patients with Heart failure(HF) results in decreased quality of life, impaired function and increased readmission. However, there is the lack of the results regarding sleep quality and factors affecting sleep quality in Koreans with HF. The purpose of this study was to examine the factors that influence the sleep quality in patients with HF.

**Method(s):** This study was a descriptive study and data was collected from 120 patients in outpatient clinic, S hospital, Seoul. General characteristics, clinical characteristics and psychological features were measured. Quality of sleep was measured using the Pittsburgh Sleep Quality Index, depression was measured by the Centers for the Epidemiological Studies of Depression Scale, and the beliefs and attitudes of sleep dysfunction were measured by the Dysfunctional Beliefs and Attitudes about Sleep Scale-16. Data was analyzed using descriptive statistics, chi-square, t-test and logistic regression analysis.

**Result(s):** 62.5% of the subjects were found to have poor sleep quality. The average sleep time was 5.81 hours, which complained of sleep problems in the order of the sleep latency, subjective sleep quality, and sleep disturbances. There were statistically significant differences in sleep quality between the current occupational status( $p=0.006$ ), NYHA Class( $p=0.011$ ), Depression( $p=0.001$ ), Perceived health status( $p<0.001$ ), and Dysfunctional Beliefs and Attitudes about Sleep( $p=0.007$ ). The probability that the unemployed group increased the probability of poor sleep quality by 3.026 times compared to the group with the current occupation, and the probability that the quality of sleep was worse as the depression increased by one point increased by 1.062 times.

**Conclusion(s):** The quality of sleep in HF patients was poor and affected by current occupational status and depression. To improve patients' quality of sleep, it seems to be needed to reduce depression, improve the level of clinical symptoms, subjective health status and the dysfunctional beliefs and attitudes about sleep.

**Keywords:** Heart failure, Quality of Sleep