

The application of Pittsburgh sleep quality index to predict quality of life among Taiwan elderly

Lo, C.; Chen, P.Y.; Lin, J.G.; Liao, W.C.

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Sleep disturbance is a common distress among elderly and may influence quality of life. However, there is little known what influencing factors of sleep quality can predict quality of life. The purpose of this study was to explore predictors of quality of life in terms of sleep quality. Greater than 65 years old 243 retired older adults were recruited from Tainan city, Taiwan. Data were collected through Pittsburgh Sleep Quality Index (PSQI) and SF-36 and analyzed by SPSS 12.0. The results have shown that there were statistically significant in "Sleep disturbances" and "Daytime dysfunction" aspect to predict quality of life among elderly according to the seven aspects of PSQI. The regression equation using sleep quality to predict quality of life in elderly was gained. $QOL = 697.9 + (-97.62) * (\text{Sleep disturbances}) + (-63.51) * (\text{Daytime dysfunction})$. Explained variance achieved to 34%. This finding will help us promote elderly care and advanced research.

Biosheet

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