

Research Brief**March 2021**

SUBJECTIVE COGNITIVE ABILITIES CORRELATE WITH POOR SLEEP AMONG DAY-SHIFT AND NIGHT-SHIFT NURSES

IMPORTANT BACKGROUND INFORMATION

Poor sleep is common among nurses due to unconventional and long work shifts. Previous research shows that poor sleep is associated with poorer cognitive function and lower ratings of patient care. Perceived cognitive function (self-perception of mental focus, memory, and processing speed) has also been associated with work performance and patient safety. However, little is known regarding the relationship between daily sleep and perceived cognition, and how work characteristics, such as night/day shift, impact this relationship. The purpose of this study is to understand how

function, as well as better understand nuances among night/day shifts and work/non-work days.

STUDY METHODS

Researchers assessed the sleep of 60 nurses, including 39 day shift nurses and 21 night shift nurses. Participants completed a short background survey, then wore devices for fourteen days that measured time in bed and minutes awake while in bed. They simultaneously used their smartphones to answer daily questions about their perceived

