

# Sleep quality and road accidents in Shahroud drivers

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## Abstract

**Background:** Driving is an occupation that poor quality of sleep and sleepiness may lead to increased errors and accidents in this profession. This study aimed to assess sleep quality of drivers and its association with road accidents in Shahroud.

**Methods:** In this cross-sectional study, 312 drivers of Shahroud terminals were studied in 1392. Demographic, occupational and Pittsburgh Sleep Quality Index (PSQI) with seven scales were used. Its validity and reliability has been confirmed in several studies. SPSS statistical software version 16 was used to analyze the data.

**Results:** The mean of drivers working hours per day was  $9.8 \pm 2.79$ h. The mean  $\pm$  SD of total score of sleep quality (PSQI) in drivers was  $4.5 \pm 2.85$  and 27.5% of them had poor sleep quality. A statistical significant association was observed between sleep quality and accidents in the last year, in the past five years and being guilty in the accident ( $p= 0.005$  and  $p= 0.024$  and  $p= 0.002$  respectively). This association was not observed between sleep quality and the physical injury or death in accidents.

**Conclusion:** Our findings showed that approximately one third of drivers had poor sleep quality. There was an association between sleep quality and accidents in the last year, in the past five years and being guilty in accidents. It seems that training program, especially about sleep hygiene may decrease accidents in the drivers

**Key words:** sleep quality, pittsburg questionnaire, accidents, Shahroud

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