

# Fatigue and sleep quality levels of post-COVID-19 healthcare workers and affecting factors

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## Abstract

**Background:** Healthcare workers (HCWs) are the occupational group with the highest potential to be affected by infectious diseases and epidemics. **Objectives:** In this study, it was aimed to reveal the fatigue and sleep quality levels of HCWs who survived COVID-19 and influencing factors. **Methods:** This cross-sectional study was conducted with 133 post-COVID-19 HCWs who applied to internal medicine outpatient clinic between March 1, 2021 and April 15, 2021 in Turkey. Sociodemographic Data Form, Fatigue Assessment Scale (FAS) and Pittsburgh Sleep Quality Index (PSQI) were used to obtain research data. **Results:** More than half of the post-COVID-19 HCWs had fatigued (55.6%) and had poor sleep quality (59.4%). The mean fatigue and sleep quality score was higher under the age of 40. Increasing PSQI score (the worse sleep quality), increased the fatigue 1.54 times. Being female worsened sleep quality 6.61 times, being overweight worsened sleep quality 4.81 times, and increasing FAS score worsened sleep quality 1.39 times. **Discussion:** In this study, it was determined that post-COVID-19 HCWs had high levels of fatigue and sleep quality. order for the health service to continue without interruption during the prolonged pandemic process, it is thought that post-COVID-19 HCWs should be followed up regularly in terms of possible health problems.

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