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Predictors and Mediators of Sleep Quality After Multiple Consecutive Devastating Earthquakes in Turkey

ABSTRACT

This study investigated the prevalence of insomnia and sleep quality in the first month following the Kahramanmaraş earthquake, including 509 adults from Adana. The results indicated that sleep problems were widespread, with 64% experiencing decreased sleep duration, 66.8% reporting increased nighttime awakenings, and 77.6% having difficulty falling asleep, while 7.3% began using sleeping pills. All participants had poor sleep quality, with 26.1% experiencing moderate insomnia and 8.1% meeting the criteria for clinical insomnia. Risk factors included younger age, female sex, having children, and pre-existing sleep disorders. Positive reappraisal as a coping strategy significantly improved sleep quality and reduced insomnia.

Sleep disturbances were common in the subacute period following the earthquake. We recommend implementing interventions to promote positive reappraisal strategies for groups vulnerable to sleep problems.

