

Abstract:

Our purpose is to explain the relationship between a Medical City Healthcare nurse's perceived work stress and their sleep quality/quantity. In addition, we will explore the relationship between a nurse's job satisfaction and their sleep quality/quantity. We will further examine if a nurse's total daily caffeine consumption significantly enhances the relationship between work stress and sleep quality/quantity as well as between job satisfaction and sleep quality/ quantity.

After multiple linear regression, the interaction term between sleep quality/ quantity and total daily caffeine intake was statistically significant. Thus, we have evidence that total daily caffeine intake is a moderator of the relationship between perceived job stress and sleep quality/quantity. In addition, total daily caffeine intake is a moderator of the relationship between job satisfaction and sleep quality/quantity.

However, we should take caution when interpreting our results because a large portion of the overall variability is left unexplained. Thus, it is important to acknowledge that a statistically significant conclusion may not be considered as a significant result in a medical environment.