Abstract: Introduction: Sleep is one the man’s physiological needs and if resolving this need face to problems in a person, may be suffering from physical & mental disorders. Nowadays one of the undeniable problems in educational centers, particularly schools, is the health of individuals who are studying in this area.

Objective: Since the amount of sleep is effective in prevention of a variety of physical ailments, the purpose of this study was to examine the relationship between daytime sleepiness and mental health in adolescents.

Method: Method of study was descriptive-correlation that was done by random sampling on 150 adolescents. Sample group answered to General Health Questionnaire, Epworth Sleepiness Scale and Sleep Beliefs. Data were analyzed by Pearson correlation test.

Results: Findings have shown that daytime sleepiness has significant negative correlation with mental health ($r = -0.303$, $p<0.001$). Mental health subscales included psychosomatic symptoms, anxiety, insomnia, social dysfunction and severe depression respectively ($r = -0.239$, $r = -0.212$, $r = -0.205$, $r = -0.260$) had also a significant correlation with daytime sleepiness. Also, individual’s beliefs about sleep were measured and determined adolescents who had incorrect beliefs about insomnia, had more daytime sleepiness ($r = 0.189$, $p<0.05$).

Conclusion: Mentioned results indicate the importance of sleep in mental health as well as physical health and even more. Also, sleep beliefs modification leads to more proper sleep and as a result mental health gets better that have positive effects on adolescent’s educational achievements and correspondingly improve public health and better scientific future.

Key words: daytime sleepiness, mental health, adolescent

Presentation: Poster