

**Table 1)** Difference of descriptive indices of research variables in the control and experimental group

| <b>Index</b>          | <b>Pretest</b> | <b>Posttest</b> |
|-----------------------|----------------|-----------------|
| <b>Sleep Disorder</b> |                |                 |
| Control               | 61.13±17.73    | 64.10±14.30     |
| Experimental          | 81.26±5.79     | 50.40±2.92      |
| <b>Life Quality</b>   |                |                 |
| Control               | 45.66±5.69     | 49.60±3.22      |
| Experimental          | 42.80±4.85     | 85.33±2.96      |