Introduction: Sleep plays an important role in health and occupies one-third of one’s lifetime. Without good quality of sleep, it’s very possible to cause other diseases. Many people with schizophrenia have sleep problems that impact their illness management and life arrangement. Several researches have investigated the effects of sleep interventions on people with schizophrenia living in the hospital. However, when they return to the community, fewer resources and professional assistance are available. More studies are needed to understand the sleep issues of people with schizophrenia living in the community.

Objectives: This study aimed to investigate sleep habits and coping methods of people with schizophrenia living in the community.

Methods: The study used the mixed method. The researchers collected data from three community psychiatric rehabilitation centers in the south of Taiwan. Eighteen people with schizophrenia were recruited. After filling out the Pittsburgh Sleep Quality Index and Epworth Sleepiness Scale, they had a one-on-one interview with the researcher. We used thematic analysis to analyze qualitative data. Descriptive analysis was used to analyze quantitative data to provide auxiliary information.

Results: Based on Person-Environment-Occupation Model (PEO Model), the factors associated with sleep issues were classified into 3 categories. The factors mentioned more frequently were “symptoms, night dreams, temperature, noise, and disruption of sleep. Most participants with schizophrenia used to have sleep problems. However, they reported they had moderate sleep quality and their level of lethargy was mild. They relied on medication to solve the sleep problems and seldom discussed the sleep problems with mental health professionals in psychiatric rehabilitation centers. Professionals usually provided advices about general principles on lifestyle changing rather than evidence-based sleep interventions/programs. Participants were more likely to try some strategies to improve their sleep quality, but were less willing to receive interventions/programs to reduce/replace the sleep medication usage.

Conclusion: The study found that participants had moderate sleep quality since they took medication to solve sleep problems. Moreover, most of them did not want to change their sleep medication. The sample size was small, so the results of this study may not be generalized to other areas of Taiwan or other countries.