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sleep disorder, is a medical disorder of the sleep patterns of a person or animal. Some sleep disorders are serious enough to interfere with normal physical, mental and emotional functioning.

Aims: The purpose of this study was to assess to effects of the playing light music & story telling (with Radio) Regulations of sleep disorders on University girl's Dormitory.

Methods: This was a quasi-experimental study which covered 60 boys with acute sleep disorders in Shiraz University. The samples have been selected through purposive sampling and then Random assignment into intervention (30 Samples) and control group (30 Samples). Intervention was lasted 10 weeks.

Results: The results suggested that playing light music & story telling (with Radio) could be an alternative treatment intervention to Regulations in girls with sleep disorder. Data analysis between the mean scores of playing light music & story telling (with Radio) an alternative treatment and sleep disorder samples before and after the intervention group showed significant difference ($p < 0/001$).

Conclusion: According to the results of this research, development use of Radio in dormitory of our university.