Sleep Disturbances in Mental Health Care: A Review of Literature on Nursing Interventions

Sarah Jungbauer  
*Cedarville University*, sjungbauer@cedarville.edu

Kara Taylor  
*Cedarville University*, karataylor@cedarville.edu

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Cedarville University School of Nursing
Authors: Sarah Jungbauer, Kara Taylor

PATIENT CARE ISSUE

Importance of Sleep on the Body
• Essential in the repair and renewal of cells and tissues
• Allows body to recover from wear and tear of life’s daily activities
• Slows metabolism, decreases heart workload, relaxes body muscles, preserves energy

Significance in Nursing
• Sleep deprivation caused by psychological disorder:
  o Anxiety
  o Euphoria
  o Irritability
  o Memory impairment
• Insomnia is associated with depression, anxiety disorders, deficient work performance, drug abuse, reduction in productivity

EVIDENCE-BASED PRACTICE QUESTION

Question: What nursing interventions are available to increase sleep quality of mental health care patients?

P: mental health patients experiencing sleep disturbances
I: interventions to encourage more restful quality of sleep
C: comparison between stimulus control and music assisted relaxation
O: MAR has a higher positive sleep outcome compared to SC, Further research is necessary for implementation.

SYNTHESIS OF EVIDENCE

In the comparison of MAR and SC, MAR was statistically significant concerning the improvement in quality of sleep. (de Niet et al. 2010)

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

• There is a lack of research to suggest implementation of either MAR or SC into evidence based practice.
• MAR and SC can be clinically implemented and used as education points for patients who struggle with insomnia.

LIMITATIONS

• Performed in one hospital
• Uncontrolled study due to:
  o Sleep medications
  o Lack of compliance
  o Circadian rhythm control
• Dependent on patients’ length of stay in the hospital

REFERENCES


METHODS

Databases
CINAHL, Health Source, Psycho INFO, Pubmed

Keywords
Insomnia, mental disturbances, mental health, nursing, psychiatry, psychiatric disorders, psychiatric nursing, sleep, sleep disorder, sleep problems, sleep quality

Articles
11 found, 7 used

Exclusion
Written in foreign language or specific to culture or age group

Levels of Evidence
1 article—Level 1, 1 article—Level 3, 3 article—Level 5, 2 article—Level 6

REGISTERED NURSE INTERVIEW

• Sleep is included on every patient’s care plan
• Stimulus control such as dimming lights and decreasing noise
• All patients take a PRN sleep med such as Ambien, Resoril, Vistoril

Nurses Role
• Obtain schedule
• Maintain consistency
• Provide appropriate environment
• Encourage patient to abide by the guidelines

Music Assisted Relaxation

Guidelines
• Play music when going to bed
• Use loud speakers or earphones
• Pre-recorded music on MP3 players
• Choice of a variety of soothing music

Guidelines
• Offer MAR at bed time
• Provide MP3 and speaker system

[Statistics from Niet, Tiemens, and Hutschemaekers (2009)]