Sleep Hygiene In Hospitalized Adults

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Sleep Hygiene In Hospitalized Adults

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PATIENT CARE ISSUE

• Sleep disturbance reported as one of the most stressful parts of hospitalization
  • Sleep is vital to every person, even more so to the hospitalized patient
  • Poor sleep leads to greater compromised immunity
  • Much physiologic repair occurs during sleep

EVIDENCE-BASED PRACTICE QUESTION

Question: Which nursing interventions are most helpful in promoting sleep for hospitalized adults?
Population: Hospitalized adults primarily in ICU and Med/Surg units
Interventions: Non-pharmacological nursing sleep promotions
Comparison: Pharmacological aids used to promote sleep
Outcomes: Determine if interventions promote healing

REGISTERED NURSE INTERVIEW

Interventions at Grandview Hospital
• Sound meters in nurses station to ensure noise is kept below a certain decibel level
• Using a pen light instead of overhead lights and limiting unnecessary interruptions
• Use of personal ear buds and microphones to eliminate overhead noise
• Enforcement of quiet hours between 8pm and 6am

METHODS

• Searched: CINAHL, MEDLINE, Cochrane Library, PubMed, Wiley Online Library, AHRQ-NGC, and Academic Search Complete
• Key words: “sleep hygiene”, “hospital”, “nursing”, “sleep”, “circadian rhythm”, “adult”, “elderly”
• Exclusion criteria: patients with underlying sleep problems (ex. sleep apnea)
• Inclusion criteria: studies must be in English and involve hospitalized adults
• 279 articles found, narrowed down to 10 research articles to review

REFERENCES


RESULTS

<table>
<thead>
<tr>
<th>Articles</th>
<th>Level</th>
<th>Articles</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep duration and mortality: a systematic review and meta-analysis</td>
<td>Level 1</td>
<td>Efficacy of controlling nighttime noise and activities to improve patients intensive care unit</td>
<td>Level 3</td>
</tr>
<tr>
<td>Promoting sleep by nursing interventions in health care settings: a systematic review</td>
<td>Level 1</td>
<td>Earplugs and eye masks: Do they improve critical care patients’ sleep?</td>
<td>Level 3</td>
</tr>
<tr>
<td>Bright Light Therapy for Sleep Problems in Adults aged 60+</td>
<td>Level 1</td>
<td>The quality and duration of sleep in the intensive care setting: and integrative review</td>
<td>Level 5</td>
</tr>
<tr>
<td>Examining the Feasibility of Implementing Specific Nursing Interventions to Promote Sleep in Hospitalized Elderly Patients</td>
<td>Level 2</td>
<td>Sleep disruptions in hospitalized adults</td>
<td>Level 6</td>
</tr>
<tr>
<td>Earplugs Improve Patients’ Subjective Experience of Sleep in Critical Care</td>
<td>Level 3</td>
<td>National Guideline Clearinghouse, Guideline Summary NGC-6347</td>
<td>Level 7</td>
</tr>
</tbody>
</table>

SYNTHESIS OF EVIDENCE

Aim 1: Importance of quality of sleep for hospitalized adults
• High sleep disturbance is related to poor sleep effectiveness, necessity of napping
• Sleep deprivation mimics the aging process and decreases immunity
• Physiological repair occurs during sleep

Aim 2: Best Nursing Interventions to Promote Sleep
• Noise and interruptions found to be two of the biggest sleep disturbances in hospital
• Bright light therapy explored, but not enough evidence to put into general practice
• Initial studies indicate environmental manipulation and relaxation may be helpful
• Massage found to be significant method of sleep promotion
• Social and family support deemed important to sleep
• Ear plugs and masks were somewhat beneficial
• Noise reduction and reduced interruptions

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

• Nurses should do their best to implement basic interventions to promote sleep
• Nurses should focus on reducing noise and number of interruptions at night
• More research is needed to determine best interventions to use
• Research must be more organized and systematic

LIMITATIONS

• General lack of research studies looking at each intervention independently
• Too many confounding variables in the research studies
• Lack of objective sleep measurements in studies
• Lack of research with high scientific strength