Sleep Hygiene In Hospitalized Adults

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Recommended Citation

Barulich, Anna Lynn; Rizzardi, Kristy; and Sunden, Kerith, "Sleep Hygiene In Hospitalized Adults" (2012). *Pharmacy and Nursing Student Research and Evidence-Based Medicine Poster Session*. 28.  
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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 physiological 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

ARTICLES

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<td>Promoting sleep by nursing interventions in health care settings: a systematic review</td>
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<td>Bright Light Therapy for Sleep Problems in Adults aged 60+</td>
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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