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

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

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## PATIENT CARE ISSUE

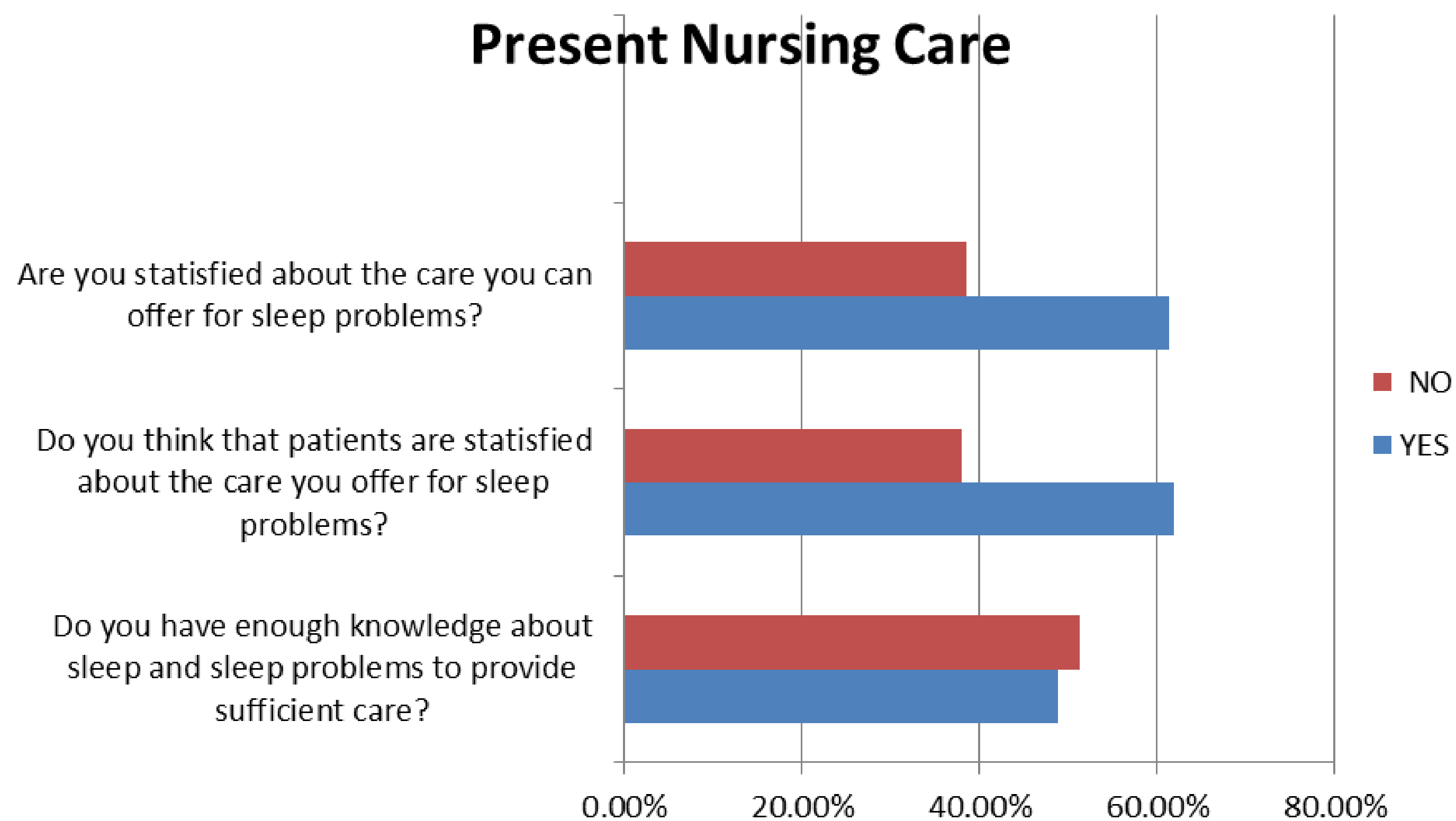
### Importance of Sleep on the Body

- 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:
  - Anxiety
  - Euphoria
  - Irritability
  - Memory impairment
- Insomnia is associated with depression, anxiety disorders, deficient work performance, drug abuse, reduction in productivity

### Present Nursing Care



\*Statistics from Niet, Tiemens, and Hutschemaekers (2009)

## 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 encouragement 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.

## 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

## 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

## RESULTS

Stimulus Control	Music Assisted Relaxation
<b>Guidelines</b> <ul style="list-style-type: none"> <li>• Avoid daytime napping</li> <li>• Sleep only in your bedroom</li> <li>• Go to bed only if you feel sleepy</li> <li>• Return to the bedroom only when sleepy</li> <li>• Avoid activities in the bedroom that keep you awake, other than sex</li> <li>• Leave the bedroom when awake for more than 15 minutes</li> <li>• Arise at the same time each morning regardless of the amount of sleep obtained that night</li> </ul>	<b>Guidelines</b> <ul style="list-style-type: none"> <li>• Play music when going to bed</li> <li>• Use loud speakers or earphones</li> <li>• Pre-recorded music on MP3 players</li> <li>• Choice of a variety of soothing music</li> </ul>
<b>Nurses Role</b> <ul style="list-style-type: none"> <li>• Obtain schedule</li> <li>• Maintain consistency</li> <li>• Provide appropriate environment</li> <li>• Encourage patient to abide by the guidelines</li> </ul>	<b>Nurses Role</b> <ul style="list-style-type: none"> <li>• Offer MAR at bed time</li> <li>• Provide MP3 and speaker system</li> </ul>

(de Niet et al. 2011)

## 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:
  - Sleep medications
  - Lack of compliance
  - Circadian rhythm control
- Dependent on patients length of stay in the hospital

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