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# 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<sup>15</sup>
- 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

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## RESULTS

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

## 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<sup>9</sup>
- Sleep deprivation mimics the aging process and decreases immunity<sup>1, 8</sup>
- Physiological repair occurs during sleep<sup>2</sup>

### Aim 2: Best Nursing Interventions to Promote Sleep

- Noise and interruptions found to be two of the biggest sleep disturbances in hospital<sup>3, 11</sup>
- Bright light therapy explored, but not enough evidence to put into general practice<sup>11</sup>
- Initial studies indicate environmental manipulation and relaxation may be helpful<sup>8, 10</sup>
- Massage found to be significant method of sleep promotion<sup>8</sup>
- Social and family support deemed important to sleep<sup>9</sup>
- Ear plugs and masks were somewhat beneficial<sup>14, 15</sup>
- Noise reduction and reduced interruptions<sup>3, 10, 11, 14, 15</sup>

## 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