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

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.

RESULTS

Stimulus Control
Guidelines
- Avoid daytime napping
- Sleep only in your bedroom
- Go to bed only if you feel sleepy
- Return to the bedroom only when sleepy
- Avoid activities in the bedroom that keep you awake, other than sex
- Leave the bedroom when awake for more than 15 minutes
- Arise at the same time each morning regardless of the amount of sleep obtained that night

Music Assisted Relaxation
Guidelines
- Offer MAR at bed time
- Provide MP3 and speaker system

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

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

REFERENCES