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Sleep disturbance in ICU

Have you ever tried to sleep in a brightly lit room with tubes and wires attached to you? With people periodically talking, touching and moving you? Sleep is an important physiologic process, and lack of sleep is associated with a lot of adverse outcomes. Sleep disturbances are common in critically ill patients with possibly serious consequences. ICU settings such as noise, light, mechanical ventilators, patient care activities, treatments and medications need to be monitored closely as sleep disturbance have been shown to be associated with reduced quality of life. Understanding the problem will require commitment on the part of ICU practitioners and hospital administrators, which in turn may lead to significant improvement in ICU care and patient outcomes.

Biography

Bashayer abahussain has completed her graduation from Imam Abdulrahman Bin Faisal University with a bachelor degree in Respiratory care , Allied Health college . Currently practicing Respiratory care as Respiratory critical care supervisor at king Fahad medical city in Riyadh – KSA since 2015.

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