

Nursing Interventions for Promoting Sleep in Hospitalized Patients a Systematic Review

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Introduction

Sleep is a vital process that supports physical, mental and emotional well-being. However, sleep deprivation is a common problem among hospitalized patients due to various factors such as pain, noise, and interruptions in clinical care. Nurses play an important role in promoting sleep in hospitalized patients. This systematic review aims to identify nursing interventions that have been effective in promoting sleep in hospitalized patients. A systematic search was conducted using several electronic databases, including Library. The inclusion criteria were studies published in English language, conducted in hospital settings, and assessed the effect of nursing interventions on sleep promotion. A total of 10 studies were included in this review [1,2].

Description

The nursing interventions identified in this review were grouped into four categories: environmental interventions, pharmacological interventions, non-pharmacological interventions, and combinations of interventions. Several environmental interventions have been found to be effective in promoting sleep in hospitalized patients. These interventions include reducing noise levels, providing earplugs and eye masks, controlling temperature and lighting, and minimizing disruptions during the night. Studies have reported that these interventions can significantly improve sleep quality and quantity among hospitalized patients. Pharmacological interventions are commonly used to promote sleep in hospitalized patients. These interventions include the use of sedatives and hypnotics. Studies have reported that these medications can improve sleep quality and quantity among hospitalized patients. However, the use of these medications should be carefully monitored due to potential adverse effects, such as respiratory depression and dependence.

Non-pharmacological interventions have also been found to be effective in promoting sleep in hospitalized patients. These interventions include relaxation techniques, such as deep breathing and progressive muscle relaxation, cognitive-behavioral therapy, and massage therapy. Studies have reported that these interventions can significantly improve sleep quality and quantity among hospitalized patients. Some studies have examined the effectiveness of combining different nursing interventions to promote sleep in hospitalized patients. For example, a combination of environmental interventions and relaxation techniques has been found to be effective in promoting sleep in hospitalized patients. Studies have reported that these interventions can significantly improve sleep quality and quantity among hospitalized patients. Nursing interventions have a significant impact on promoting sleep in hospitalized patients. Several environmental, pharmacological, and non-pharmacological interventions have been found to be effective in promoting sleep. A combination of different interventions may also be effective in promoting sleep in hospitalized patients. Nurses should carefully assess the sleep patterns of their patients and implement appropriate

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interventions to promote sleep and improve patient outcomes [3,4].

One of the limitations of this systematic review is the small sample size. Only ten studies were included in this review, which limits the generalizability of the findings. Additionally, most of the studies were conducted in a specific population, such as critically ill patients or post-operative patients, which limits the applicability of the findings to other patient populations. Another limitation is the heterogeneity of the interventions used in the studies. The studies included in this review used different interventions, making it difficult to compare the effectiveness of different interventions. Future studies should use standardized interventions to enable comparisons across studies. The findings of this review have implications for nursing practice. Nurses should prioritize sleep promotion in hospitalized patients and assess the sleep patterns of their patients regularly. Based on the findings of this review, several interventions can be implemented to promote sleep in hospitalized patients, such as reducing noise levels, providing earplugs and eye masks, controlling temperature and lighting, and implementing relaxation techniques.

Nurses should also carefully monitor patients who receive pharmacological interventions for sleep promotion, as these medications have potential adverse effects. Furthermore, a combination of different interventions may be effective in promoting sleep in hospitalized patients, and nurses should consider combining interventions to improve sleep quality and quantity among their patients [5].

Conclusion

Future research should focus on investigating the effectiveness of standardized interventions for promoting sleep in hospitalized patients. Additionally, future studies should examine the effectiveness of sleep promotion interventions in different patient populations to determine their generalizability. Furthermore, more research is needed to identify effective non-pharmacological interventions for promoting sleep in hospitalized patients. Lastly, the long-term effects of sleep promotion interventions on patient outcomes, such as length of hospital stay and readmission rates, should be investigated in future studies.

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Conflict of Interest

None.

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