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

Cedarville University School of Nursing

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PATIENT CARE ISSUE

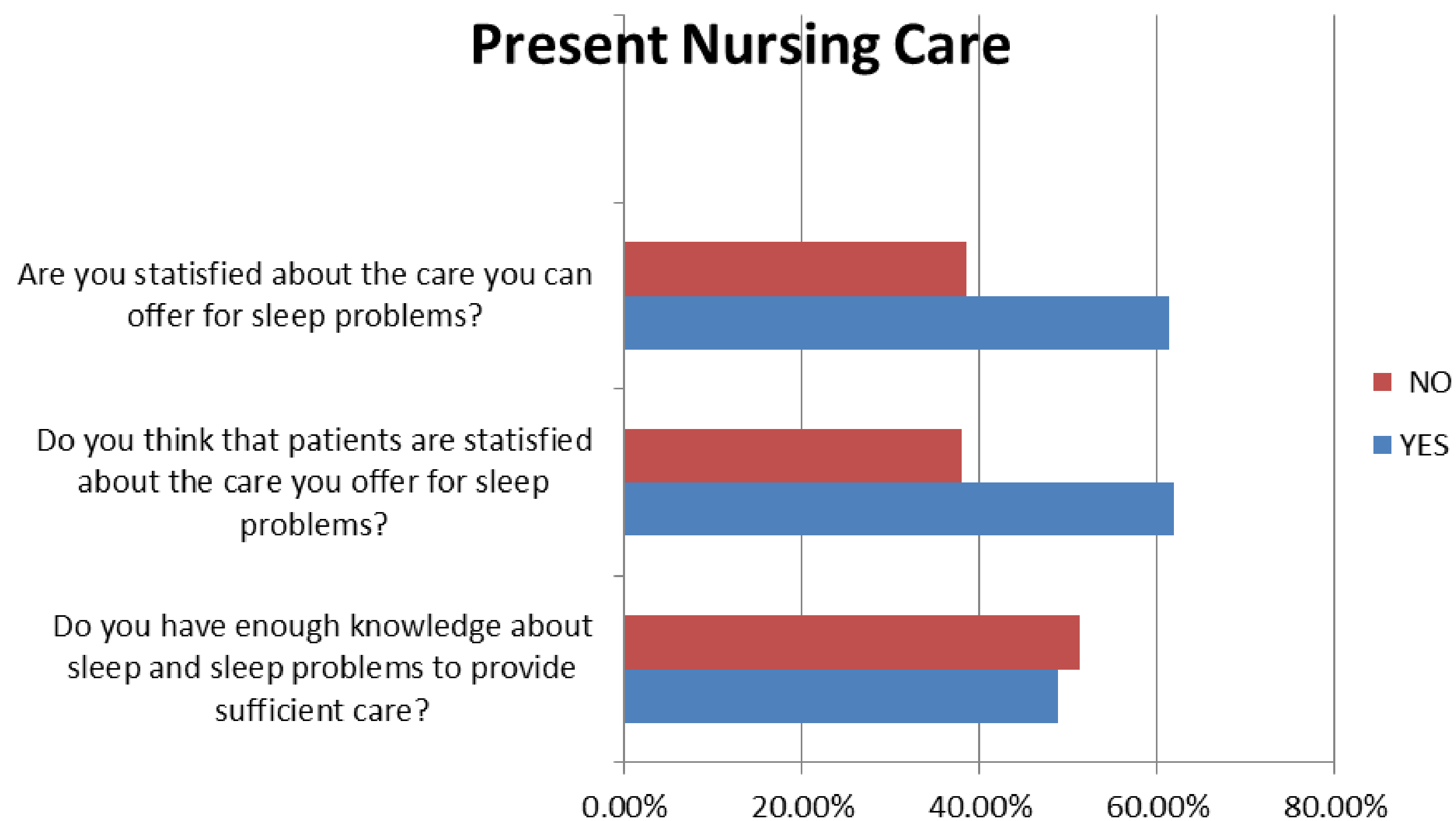
Importance of Sleep on the Body

- 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
Guidelines <ul style="list-style-type: none"> • 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 	Guidelines <ul style="list-style-type: none"> • Play music when going to bed • Use loud speakers or earphones • Pre-recorded music on MP3 players • Choice of a variety of soothing music
Nurses Role <ul style="list-style-type: none"> • Obtain schedule • Maintain consistency • Provide appropriate environment • Encourage patient to abide by the guidelines 	Nurses Role <ul style="list-style-type: none"> • Offer MAR at bed time • Provide MP3 and speaker system

(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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