

## INTRODUCTION

**Sleep** is necessary for maintaining good physical and mental health, as well as a high quality of life (Chattu et al., 2019).

Low-quality sleep has a strong association with people with **chronic illness** (Reis et al., 2018).

**Hospitalized** individuals often experience poor sleep quality (Burger et al., 2022)

**Nurses** are the main participants in promoting sleep in hospitalized adults and older people (Salzmann-Erikson et al., 2016).

It is their responsibility to identify **modifiable factors**, allowing the implementation of interventions that can contribute to improving sleep quality (Burger et al., 2022).

## AIM

Identify sleep-promoting nursing interventions in hospitalized adults and older people.

## METHODS

Systematic literature review based on the following question: "What interventions can nurses implement to promote sleep in hospitalized adults and older people?"

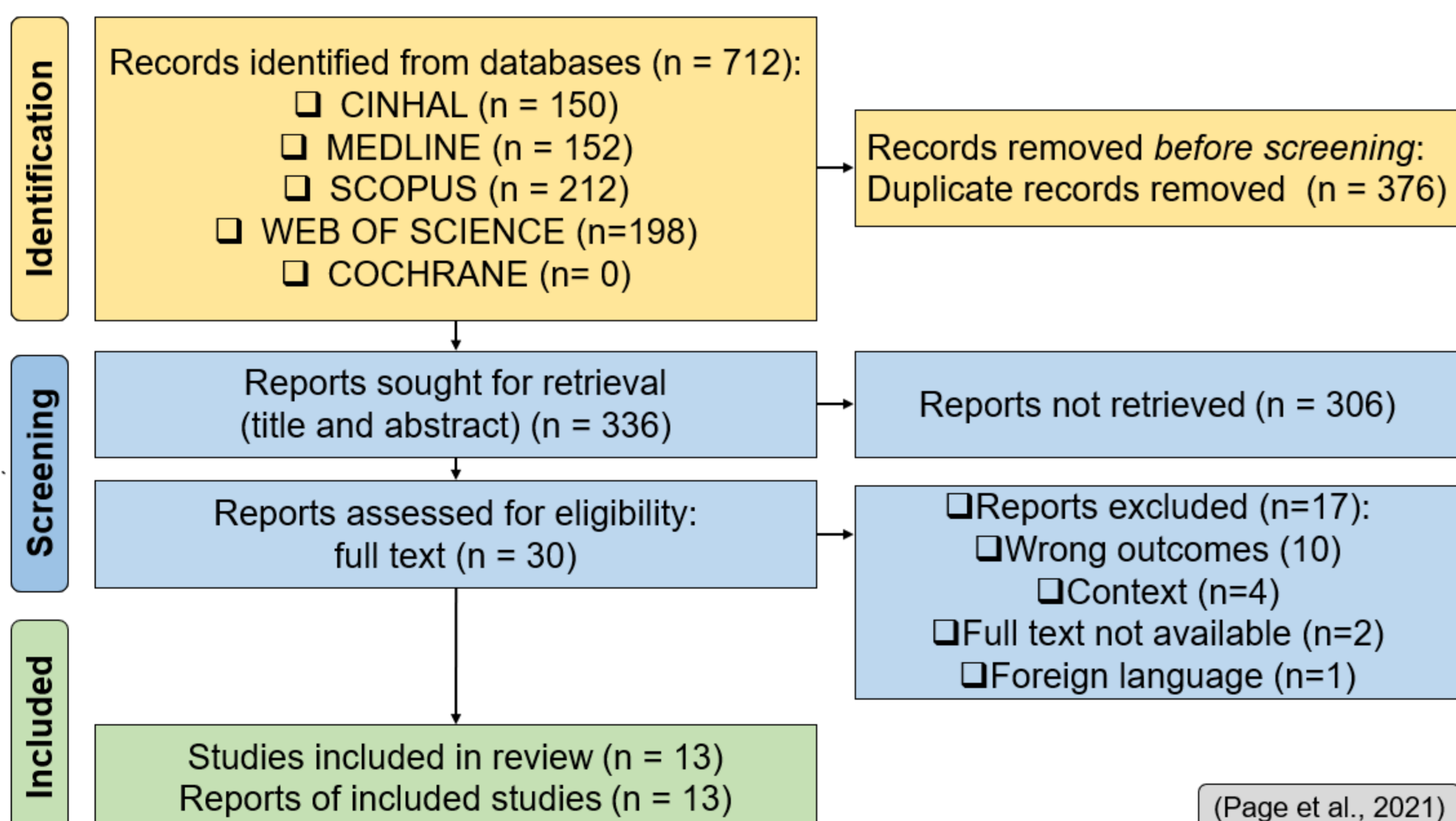
The research was conducted on April 4, 2023, in **CINAHL Complete, MEDLINE, Cochrane, Scopus, and Web of Science**, filtering the articles published in the **last 10 years**.

**Included criteria:** Adult or older hospitalized patients on the wards; an intervention that aims to enhance sleep;

We assess the quality of the articles, according to the **JBI's critical appraisal tools** (Moola et al, 2020).

## RESULTS

### Identification of studies via databases and registers



### The sample encompasses:

1,975 participants with complex chronic conditions.

6 randomized controlled trials; 3 quasi-experimental studies; 2 cohort studies; 1 qualitative study; 1 cross-sectional.

Studies originated from various countries, including China, the United States of America, Singapore, Jordan, Finland, and Indonesia.

## RESULTS

Sleep promotion is intricate in all phases of the nursing care process.

### Assessment

- Sleep assessment.

### Diagnosis

- Sleep deprivation.

### Planning

- Planning activities of daily living.

### Implementation

- Symptomatic control;
- Individualized care;
- Sensory interventions;
- Dietary interventions
- Environmental control;
- Educational and communication interventions.

### Evaluation

- Sleep documentation.

Sleep is a focus of nursing care practice (Wilfling et al., 2023).

The utilization of the nursing process can indeed be more systematic, leading to an enhancement in the quality of patient sleep documentation (Ritkala-Castren et al., 2017).

Assessing the sleep patterns of patients, along with daily documentation and communication about sleep, is essential and should be improved (Wilfling et al., 2023).

These interventions should be supplemented with other equally effective approaches for promoting sleep always based on individualized care. Sleep promotion, in addition to individualized care, should include standardized protocols (Ritkala-Castren et al., 2022).

## CONCLUSION

Promoting adequate sleep in hospitalized patients in a ward involves a combination of individualized care and standardized protocols, as well as assessment of sleep patterns and systematic use of the nursing process. Given the limited robust evidence available on this subject, further research is essential.

## REFERENCES

- Burger, P., Van den Ende, E. S., Lukman, W., Burchell, G. L., Steur, L. M. H., Merten, H., ... & Gemke, R. J. B. J. (2022). Sleep in hospitalized pediatric and adult patients - A systematic review and meta-analysis. *Sleep medicine*, 4, 100059. doi: 10.1016/j.sleepx.2022.100059
- Chattu, V. K., Sakhamuri, S. M., Kumar, R., Spence, D. W., BaHammam, A. S., & Pandi-Perumal, S. R. (2018). Insufficient sleep syndrome: Is it time to classify it as a major noncommunicable disease?. *Sleep Science*, 11(2). doi: 10.5935/1984-0063.20180013
- Moola S, Munn Z, Tufanaru C, Aromataris E, Sears K, Sietcu R, ... & Mu P-F. (2020). Systematic reviews of etiology and risk. In: Aromataris E, Munn Z (Editors). *JBI Manual for Evidence Synthesis* (pp. 217-269). JBI. Available from <https://synthesismanual.jbi.global>
- Page, M. J., McKenzie, J. E., Bossuyt, P. M., Boutron, I., Hoffmann, T. C., Mulrow, C. D., ... Moher, D. (2021). The PRISMA 2020 statement: An updated guideline for reporting systematic reviews. *BMJ*, n71. doi: 10.1136/bmj.n71
- Reis, C., Dias, S., Rodrigues, A. M., Sousa, R. D., Gregório, M. J., Branco, J., ... & Paiva, T. (2018). Sleep duration, lifestyles and chronic diseases: A cross-sectional population-based study. *Sleep Science*, 11(4), 217-230. doi: 10.5935/1984-0063.20180036
- Ritkala-Castren, M., Axelin, A., Kiljunen, K., Sainio, C., & Leino-Kilpi, H. (2017). Sleep in the intensive care unit - nurses' documentation and patients' perspectives: Sleep in the ICU. *Nursing in Critical Care*, 22(4), 238-246. doi: 10.1111/nicc.12102
- Ritkala-Castren, M., Salanterä, S., Holm, A., Heino, M., Lundgren-Laine, H. & Koivunen, M. (2022). Sleep improvement intervention and its effect on patients' sleep on the ward. *J Clin Nurs*. 31(1-2):275-282. doi: 10.1111/jocn.15906
- Salzmann-Erikson, M., Lagerqvist, L., & Poussette, S. (2016). Keep calm and have a good night: Nurses' strategies to promote inpatients' sleep in the hospital environment. *Scandinavian Journal of Caring Sciences*, 30(2), 356-364. doi: 10.1111/scs.12255
- Wilfling, D., Berg, A., Dörner, J., Bartmann, N., Klatt, T., Meyer, G., Halek, M., Möhler, R., Köpke, S., & Dichter, M. N. (2023). Attitudes and knowledge of nurses working at night and sleep promotion in nursing home residents: Multicenter cross-sectional survey. *BMC Geriatrics*, 23(1), 206. doi: 10.1186/s12877-023-03928-9

## CONTACT

E-mail: [silvia.mendonca@campus.esel.pt](mailto:silvia.mendonca@campus.esel.pt)