

# SLEEP DISTURBANCE AMONG PATIENTS ADMITTED IN ICU

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## Abstract

Sleep disturbance is common problem among patients admitted in ICU due to acute nature of illness, pain, stress, bright lights during night, caregiver's interruptions and environmental noise because of monitor and ventilator alarms. Therefore, to assess the magnitude of the problem in our own setting, this exploratory study was conducted on 60 patients admitted in ICUs of a tertiary care providing teaching hospital at Ludhiana. Subjects aged between 20-60 years, who were conscious, having intact cognitive function and were willing to participate in study were selected through purposive sampling technique. Data were collected by using a modified Richards Campbell and St. Mary Hospital Sleep Questionnaire. It was found that average number of needed hours of sleep among patients (6-8 hrs.) was significantly declined from pre-morbid to ICU stay (83.3% vs. 41.7% patients). In addition, quality of sleep among patients was also significantly affected during ICU stay. Sleep deprivation was experienced by about more than half of the patients (35; 58.5%) and regular trouble in falling sleep was experienced by 33 (55%) subjects; in addition, 25 (41.6%) patients experienced multiple episodes of awakening during sleep. Patients admitted in ICUs had inherent problem of acute illness, stress as well as they verbalized blood sampling (58.3%), diagnostic tests (55%), medication administration (55%), vital signs monitoring (53.3%), environmental noise (53.3%) and bright light during night (50%) as contributing factor towards their sleep deprivation during ICU stay. It is recommended that nurses must have provision of dim lights during night and must combine some of the nursing activities, so that unnecessary sleep disturbance among ICU patients can be avoided.

**Key words:** Sleep disturbance, patients, ICU

## Background

Sleep is a time of rest for body and mind; it is naturally occurring reversible altered state of consciousness characterized by decrease in awareness and responsiveness to stimuli (**Briones et al., 1996**). It is one of the most essential needs of every one. Sleep is believed to restore the energy, and repair wear and tear occurred in the body system. The exact role of the sleep is still unknown but it is necessary for the survival and sleep deprivation may cause several diseases or disorders (**Richard, 1997**). Prolonged sleep deprivation also may cause serious clinical consequences like high blood pressure, nocturnal cardiac ischemia, heart failure, stroke, obesity, dementia, irritability anxiety and poor recovery from illness (**Buysee, 1996 & Kryger, 2000**).

Usual rest and sleep pattern of persons entering a hospitals or healthcare facility can easily be affected by illness or unfamiliar health care routines. The extent of change in usual sleep pattern depends on patient's physiological and psychological status and physical environment such as background noise and work pattern of the care providers (**Potter & Perry, 2004**). Sleep disturbance is common problem among Intensive Care Unit (ICU) patients due to acute nature of illness, pain, stress, bright lights during night, care giver's interruptions and environmental noise because of monitor and ventilator alarms (**Honkus VL, 2003**). Most of the factors can be modified to enhance the sleep among patients admitted in ICU (**Simposon et al., 1996**).

Lack of sleep for long period can hamper the recovery of the illness or may worsen the existing illness among patients admitted in healthcare facility. Therefore, nurses must always be aware of patient's need of rest and sleep. Nurses may help the patients to understand the importance of sleep and further may implement the

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