

Promoting Sleep by Nursing Interventions in Health Care Settings: A Systematic..

Posted At : January 25, 2011 11:27 AM | Posted By : [Tim Brunson, PhD](#)

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Full TitlePromoting Sleep by Nursing Interventions in Health Care Settings: A Systematic Review.

Background: Sleep disturbances are common problems among individuals in hospitals and institutions. Although several studies have explored this phenomenon, there is still a lack of knowledge about the effectiveness of sleep-promoting nursing interventions. This systematic review aims to describe and evaluate the effectiveness of sleep-promoting nursing interventions in health care settings. **Approach:** A systematic review was performed. In June 2009, a literature search was carried out in the following databases: Academic Search Elite, CINAHL, the Cochrane Library and MedLine/PubMed. Fifty-two references were identified and after critical appraisal, nine studies were selected. A compilation of the results and the outcomes of the interventions were carried out. Furthermore, the evidence strength of the interventions was assessed. **Findings:** Little evidence for the nursing interventions, sleep hygiene, music, natural sound and vision, stimulation of acupoints, relaxation, massage and aromatherapy is found. However, large effect size of interventions were found when using massage, acupuncture and music, natural sounds or music videos. The use of sleep hygiene and relaxation, on the other hand, produced only small effects. **Conclusion:** The lack of high evidence strength for the nursing interventions together with the uncertainty about their effects calls for more research before implementing these interventions into clinical practice.

Worldviews Evid Based Nurs. 2010 Oct 12. doi: 10.1111/j.1741-6787.2010.00203.x. Hellström A, Willman A. Amanda Hellström, Doctoral Student, School of Health Science, Blekinge Institute of Technology, Karlskrona, and Department of Health Sciences, Lund University, Lund; Cecilia Fagerström, Senior Lecturer, School of Health Science, Blekinge Institute of Technology, Karlskrona; Ania Willman, Professor, School of Health Science, Blekinge Institute of Technology,

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