



# The Essential Role of Nurses in Enhancing Sleep Hygiene Practices for Hospitalized Patients in Critical and Long-Term Care Settings

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## Abstract:

## Background:

Sleep disturbances are common among hospitalized patients and can significantly hinder their recovery, health, and overall well-being. In critical care and long-term care settings, these disturbances are often aggravated by factors such as environmental noise, frequent medical procedures, and stress. Nurses are key in mitigating these issues by implementing sleep hygiene practices, which are vital for enhancing sleep quality and fostering patient recovery.

## Aim:

This paper seeks to investigate the scientific evidence supporting sleep hygiene practices in hospital settings and analyze the role of nurses in improving sleep for hospitalized patients, particularly in critical care and long-term care environments.

## Methods:

A thorough review of existing literature on sleep hygiene, sleep disturbances in hospitalized patients, and nursing interventions was carried out. The paper consolidates findings from studies on environmental

adjustments, patient education, and pharmacological methods used to enhance sleep in hospital settings. It also explores the challenges nurses face in applying these strategies, especially within critical care and long-term care contexts.

### **Results:**

Research indicates that sleep hygiene practices, such as minimizing environmental noise, optimizing lighting, and encouraging relaxation techniques, can substantially improve sleep quality for hospitalized patients. Nurses are pivotal in implementing these interventions, offering patient education, supporting non-pharmacological strategies, and using pharmacological treatments when appropriate. However, challenges such as staffing shortages and patient-specific factors like pain and anxiety can hinder the effective application of sleep hygiene practices.

### **Conclusion:**

Nurses play an essential role in enhancing sleep hygiene for hospitalized patients. By utilizing evidence-based interventions and addressing obstacles, nurses can improve recovery outcomes and enhance patients' quality of life.

**Keywords:** sleep hygiene, hospitalized patients, nursing interventions, critical care, long-term care, sleep disturbances

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## **Introduction**

**Sleep hygiene** encompasses a collection of practices, habits, and environmental factors designed to promote consistent and restorative sleep. For hospitalized patients, this involves creating an environment that fosters both physical and psychological rest, which is essential for recovery and overall health. The significance of sleep hygiene in hospitalized patients cannot be overstated, as proper sleep is vital for immune function, tissue repair, and mental well-being. Unfortunately, patients in hospitals, particularly in critical care or long-term care settings, often face sleep disruptions due to factors such as noise, frequent medical procedures, discomfort, and anxiety—each of which can impede recovery.

In nursing practice, promoting sleep hygiene is a fundamental aspect of patient care, especially in acute and long-term care environments. Nurses' responsibilities go beyond managing physical symptoms or administering medications; they play a crucial role in fostering sleep-friendly environments, educating patients, and implementing non-pharmacological strategies to enhance sleep quality. These efforts are informed by frameworks like the **Biopsychosocial Model of Health**, which emphasizes the interconnected roles of biological, psychological, and social factors in health outcomes. This model reinforces the idea that sleep hygiene is not merely a physical requirement but also a psychological and social concern, necessitating a holistic, patient-centered approach.

Emerging trends in sleep hygiene for hospitalized patients highlight the importance of evidence-based nursing interventions. Research shows that modifying the hospital environment—such as minimizing noise and adjusting light exposure—can significantly improve sleep quality [1, 2]. Additionally, educating patients on relaxation techniques and sleep management has been shown to enhance sleep outcomes [3]. Despite these advancements, barriers to implementing these practices remain, including infrastructural limitations in hospitals and the complex medical needs of critically ill patients. As a result, it is imperative to evaluate the evidence for various sleep hygiene interventions and assess the nursing role in applying these strategies.

This paper is structured as follows: Section 1 provides an overview of the importance of sleep hygiene in hospitalized patients, particularly those in critical and long-term care settings. Section 2 reviews the scientific

evidence on various sleep hygiene practices, including environmental modifications, patient education, and pharmacological strategies. Section 3 discusses the challenges nurses face in promoting sleep hygiene and how they can overcome these barriers. Finally, the conclusion synthesizes the findings and offers recommendations for improving sleep hygiene practices in hospital settings. And here is general sleep tips (fig 1)



Figure 1 sleep tips

### Sleep Hygiene Practices in Hospitals

Promoting effective sleep hygiene in hospital settings is essential to ensure patients achieve the restorative sleep required for recovery. Sleep disturbances are a common issue for hospitalized patients, caused by environmental factors, medical interventions, and psychological stress. Key sleep hygiene strategies include environmental modifications, patient education, and the use of appropriate pharmacological interventions. Each of these components plays a vital role in enhancing sleep quality and improving patients' overall health and well-being.

#### Environmental Modifications

Hospital environments often pose challenges to sleep, with noise, light, and frequent medical interventions being the primary disruptors. Noise levels, in particular, are a major obstacle to restful sleep for hospitalized patients. Noise sources such as hospital staff, alarms, equipment, and conversations frequently interrupt patients' sleep cycles. According to the American Academy of Sleep Medicine, noise pollution in hospitals can significantly disrupt sleep, leading to poor sleep quality and delayed recovery [4].

Lighting management is another critical aspect. Bright light exposure, especially at night, can interfere with circadian rhythms, making it difficult for patients to fall asleep or stay asleep. Research shows that dimming lights or using light-blocking curtains can significantly improve sleep outcomes in hospital environments [5].

In settings such as intensive care units (ICUs) or long-term care facilities, implementing quiet hours and minimizing unnecessary interruptions—such as non-urgent medical procedures—can also create a more sleep-friendly atmosphere. Studies indicate that structured quiet times can enhance both the duration and quality of sleep, which in turn leads to faster recovery and higher patient satisfaction [6].

Creating a comfortable physical environment is equally important. Factors like comfortable bedding, optimal room temperature, and minimizing disruptions caused by medical equipment can greatly improve the sleep experience. Devices such as ventilators or IV drips often generate noise or cause physical discomfort, which can interfere with sleep. Using quieter, less intrusive equipment when feasible or positioning medical devices further away from the patient can help reduce these disturbances [7].

### **Patient Education**

Educating patients about sleep hygiene is a critical component of improving sleep in hospitals. Many patients lack an understanding of the importance of sleep or how poor sleep impacts their recovery. Nurses play a pivotal role in addressing this gap by teaching patients sleep hygiene practices, such as maintaining consistent sleep routines, avoiding stimulants like caffeine before bedtime, and practicing relaxation techniques. Research shows that patients who receive education on sleep hygiene from nurses report improved sleep quality and better overall health outcomes [8].

Encouraging bedtime routines and relaxation techniques—such as deep breathing exercises, progressive muscle relaxation, or guided imagery—can help patients prepare for sleep. These methods not only alleviate anxiety but also prepare the body and mind for restful sleep. A 2023 review by Tran et al. demonstrated that structured relaxation techniques implemented before bedtime significantly improved sleep quality among hospitalized patients, particularly those in critical care settings where stress and anxiety levels tend to be elevated [9]. Nurses are uniquely positioned to provide personalized sleep hygiene education tailored to the needs of individual patients. This personalized approach can make a substantial difference in helping patients achieve better sleep and maintain it throughout the night.

### **Pharmacological Interventions**

In certain cases, pharmacological interventions are necessary to promote sleep, particularly for patients experiencing severe disruptions due to medical conditions or acute pain. Sedatives and sleep aids, such as benzodiazepines or non-benzodiazepine medications, are often prescribed in hospital settings for short-term use to facilitate sleep and address sleep disturbances. However, these medications must be used cautiously, as they can cause side effects like sedation, dizziness, or dependence, especially when used for extended periods. Pharmacological sleep aids should be viewed as a complementary approach to non-pharmacological strategies rather than a primary solution [10].

Healthcare providers, including nurses, must carefully weigh the risks and benefits of pharmacological interventions. While these medications can offer immediate relief, they are not without potential complications. Studies indicate that long-term use of sleep aids can result in daytime sedation, delayed recovery, and adverse drug interactions, particularly in patients on multiple medications [11]. For this reason, pharmacological interventions should only be employed when absolutely necessary, and patients should be informed of the associated risks. Nurses play a crucial role in educating patients about these medications, empowering them to make informed decisions about their care. Pharmacological agents are typically reserved for specific scenarios, such as when patients experience severe anxiety or pain that non-pharmacological methods alone cannot alleviate.

### **Nurses' Role in Promoting Sleep Hygiene in Critical Care and Long-Term Care Settings**

Nurses are instrumental in promoting sleep hygiene in critical care and long-term care settings, where patients are particularly prone to sleep disturbances due to their medical conditions and the hospital environment. Sleep is essential for recovery, immune function, and overall well-being, and disruptions can have severe negative impacts on patients' physical and mental health. By understanding the specific challenges patients face in these settings, nurses can implement targeted strategies to improve sleep quality and promote better health outcomes.

### **Critical Care Settings**

Critical care units, such as intensive care units (ICUs), create a uniquely challenging environment for maintaining sleep hygiene. Patients in these settings often face life-threatening conditions that require constant monitoring and the use of complex medical equipment. The noise from machines, alarms, and staff activities, combined with the stress and discomfort of serious illness, frequently disrupts patients' sleep patterns. Research shows that ICU patients often experience significant sleep disturbances, including difficulty falling asleep, frequent awakenings, and poor sleep quality caused by environmental and procedural factors [12].

To mitigate these challenges, nurses in critical care settings can implement tailored interventions to promote better sleep hygiene. One key strategy is modifying the environment to reduce disruptions. Dimming lights during nighttime hours, minimizing unnecessary noise, and ensuring patients are in comfortable positions can help create a more restful atmosphere. Although medical equipment is essential for patient monitoring and treatment, nurses can collaborate with the healthcare team to reduce its impact on sleep. For instance, quieter equipment can be utilized when available, and non-urgent procedures can be scheduled during designated quiet hours to minimize interruptions [13]. Additionally, providing patients with relaxation techniques, such as deep breathing exercises, progressive muscle relaxation, or guided imagery, can alleviate stress and facilitate sleep onset [14].

Nurses in ICUs also work closely with interdisciplinary teams, including physicians, respiratory therapists, and physical therapists, to address the multifaceted causes of sleep disturbances in critically ill patients. Collaboration helps ensure that medical interventions, such as frequent monitoring or adjustments to ventilation support, are streamlined to reduce unnecessary disruptions. Developing individualized sleep care plans that consider both the medical and psychological needs of each patient is another vital aspect of this collaborative effort [15].

### **Long-Term Care Settings**

In long-term care facilities, such as nursing homes and rehabilitation centers, the patient population primarily consists of elderly individuals and those with chronic conditions. These residents are particularly vulnerable to sleep disturbances due to factors such as age-related changes in sleep cycles, comorbidities like dementia or Parkinson's disease, and the side effects of medications commonly used in these settings. Sleep problems, including insomnia and excessive daytime sleepiness, are widespread among long-term care residents, adversely affecting their physical health, cognitive function, and overall quality of life [16].

To improve sleep hygiene in long-term care settings, nurses can adopt a variety of non-invasive interventions.

### **Physical Activity**

Physical activity is one of the most effective methods for enhancing sleep in elderly patients. Regular activities, such as walking or light stretching exercises, help regulate circadian rhythms and promote deeper, more restorative sleep [17]. Nurses can collaborate with physical therapists and other healthcare professionals to encourage and facilitate physical activity tailored to each resident's health status and capabilities.

## **Mental Relaxation**

Relaxation techniques are another crucial component of sleep hygiene in long-term care. Nurses can guide residents in practices such as mindfulness meditation, guided imagery, or **Cognitive Behavioral Therapy for Insomnia (CBT-I)**, all of which have been shown to reduce sleep disturbances in older adults [18]. Establishing a calming and supportive environment before bedtime signals the body to wind down and prepare for sleep. Educating residents and their families about minimizing mental and emotional stress—such as avoiding stimulating activities or intense conversations in the evening—can further improve sleep quality.

## **Lighting Management**

Proper lighting plays a key role in maintaining healthy sleep patterns. Exposure to natural light during the day and limiting artificial light at night are essential for regulating circadian rhythms, which are often disrupted in elderly individuals. Nurses can advocate for increased exposure to sunlight during the daytime and the use of dim lighting or light-blocking curtains at night to create a more conducive sleep environment. Research demonstrates that optimizing lighting conditions in long-term care facilities can significantly improve residents' sleep quality [19].

## **Routine and Consistency**

Establishing structured daily routines is vital for promoting sleep hygiene among long-term care residents. Predictable schedules that include consistent meal times, activity periods, and sleep routines help reinforce the body's natural sleep-wake cycles and provide a sense of security. Elderly patients, in particular, benefit from this regularity, which reduces anxiety and promotes better sleep. Nurses can collaborate with interdisciplinary teams to design and maintain these routines, ensuring consistency and fostering improved sleep patterns over time.

By implementing these strategies, nurses can address the unique challenges of sleep hygiene in long-term care settings, enhancing the physical and mental well-being of residents and improving their quality of life.

## **Evidence-Based Interventions and Strategies**

Effective sleep hygiene is a cornerstone of improving patient recovery and well-being in hospital settings. Evidence-based interventions aimed at enhancing sleep hygiene focus on environmental modifications, patient education, and, when necessary, pharmacological support. This section reviews the scientific evidence supporting these strategies and discusses the challenges and barriers to their implementation in hospital environments.

### **Scientific Evidence Supporting Sleep Hygiene Practices**

Numerous studies provide strong evidence supporting the effectiveness of sleep hygiene practices in improving sleep quality among hospitalized patients. Among these practices, environmental modifications, patient education, and judicious pharmacological interventions are the most extensively studied and applied approaches.

### **Environmental Modifications**

Environmental adjustments are among the most impactful interventions for improving sleep in hospital settings. Noise reduction, in particular, has consistently been identified as a key factor in enhancing sleep quality. Research shows that hospital noise, especially in critical care units, is one of the primary disruptors of patient sleep. A study by Patel et al. (2022) demonstrated that reducing noise levels during the night significantly improved both the quantity and quality of sleep for ICU patients. Simple strategies, such as

scheduling routine care activities during the daytime and minimizing unnecessary alarms or equipment noise at night, were found to effectively reduce sleep disruptions [20].

Lighting is another critical environmental factor influencing sleep hygiene. A systematic review by Johnson and Thomas (2021) found that lighting adjustments to align with natural circadian rhythms—such as dimming lights at night and ensuring exposure to natural daylight during the day—can help regulate sleep-wake cycles, especially in long-term care patients. The review also highlighted that minimizing exposure to artificial light at night is essential for promoting restful sleep and aiding recovery. The use of light-blocking curtains and dim lighting during evening care routines was associated with improved sleep quality, underscoring the importance of controlling the lighting environment in hospital settings [21, 22].

### **Patient Education**

Educating patients on sleep hygiene has proven to be another effective intervention for improving sleep outcomes. Several studies have emphasized the benefits of empowering patients to actively participate in managing their sleep health. A randomized controlled trial by Lee et al. (2023) showed that patients who received sleep hygiene education—including guidance on relaxation exercises and maintaining consistent sleep routines—reported significantly better sleep quality compared to those who did not receive such education. This study highlighted that patient education not only improves sleep outcomes but also enhances the overall recovery experience by fostering a sense of control and self-efficacy [23].

### **Pharmacological Interventions**

In some cases, pharmacological interventions may be necessary to address severe sleep disruptions, particularly for patients experiencing significant pain, anxiety, or acute medical conditions. Short-term use of sedatives or sleep aids, such as melatonin or benzodiazepines, can provide relief in critical situations. However, careful monitoring is required to avoid dependency, adverse side effects, and long-term sleep quality issues. A review by Glover and Wilson (2022) stressed that pharmacological agents should always complement, rather than replace, non-pharmacological strategies. The review emphasized the importance of combining behavioral sleep hygiene practices with medication when needed, tailoring the approach to the patient's specific medical condition and overall health. Overreliance on medications for sleep can undermine long-term recovery and overall sleep quality [24].

By integrating evidence-based environmental adjustments, patient education, and, when necessary, carefully monitored pharmacological interventions, healthcare providers can significantly improve sleep quality in hospitalized patients. Nurses play a central role in implementing these strategies as part of comprehensive, patient-centered care plans designed to support sleep and enhance recovery.

### **Challenges and Barriers to Implementing Sleep Hygiene in Hospitals**

While the effectiveness of sleep hygiene practices is well-documented, implementing these strategies in hospital settings presents significant challenges. Both environmental factors and systemic issues contribute to barriers that make it difficult to create a sleep-friendly environment for patients.

#### **Hospital Environment as a Barrier**

The hospital environment itself is one of the most significant obstacles to optimal sleep. Noise, lighting, and the constant activity associated with patient care can severely disrupt sleep. A study by Zhang et al. (2021) identified environmental noise—primarily from medical equipment and staff activities—as the most frequently reported barrier to sleep in ICU settings. Although noise reduction strategies have shown positive effects on

patient sleep, these efforts are often inconsistent. Hospital staff frequently face pressure to prioritize urgent care activities over implementing sleep-promoting interventions, further complicating noise management [25].

Medical equipment, such as ventilators, infusion pumps, and monitors, also poses challenges. While these devices are critical for patient care, their noise and physical presence can create an environment that is uncomfortable and disruptive to sleep. The challenge for healthcare providers is to strike a balance between necessary medical interventions and fostering a sleep-conducive environment [26].

### **Patient-Specific Challenges**

Individual patient factors add another layer of complexity. Pain, discomfort, and anxiety are common among hospitalized patients and are leading contributors to sleep disturbances. Research by Finkelstein et al. (2022) found that patients experiencing moderate to severe pain were significantly more likely to report poor sleep quality. Pain may stem from underlying medical conditions, post-surgical recovery, or invasive treatments. Similarly, anxiety related to illness, hospitalization, or medical procedures can further disrupt sleep, making it difficult for patients to relax and fall asleep. Nurses play a critical role in assessing and managing these issues but often face competing priorities [27].

### **Structural and Staffing Issues**

Staffing shortages and systemic structural issues also present significant barriers to the consistent implementation of sleep hygiene practices. Hospital staff are frequently overburdened, particularly in high-demand units like ICUs and long-term care settings. A study by Chan et al. (2023) revealed that high nurse-to-patient ratios and staffing constraints were major obstacles to delivering quality sleep care. Nurses often struggle to balance frequent patient monitoring with the goal of minimizing sleep disruptions. This time pressure can prevent the consistent application of interventions like quiet hours or reduced nighttime activity [28].

### **Integrating Technology to Enhance Sleep Hygiene**

Technology offers promising avenues for improving sleep hygiene in hospital settings. Tools such as noise-canceling devices, smart lighting systems, and wearable sleep monitors can aid in mitigating common disruptions to sleep. Noise-canceling devices can minimize ambient sounds, providing a quieter environment conducive to restful sleep. A study by Nguyen et al. (2023) demonstrated that the use of noise-canceling headphones during sleep periods in ICU patients significantly reduced nighttime awakenings and improved perceived sleep quality [29].

Smart lighting systems, which adjust light intensity and color temperature based on the time of day, can help regulate patients' circadian rhythms. These systems mimic natural light patterns, creating a more conducive environment for sleep and wake cycles. Research by Simmons et al. (2023) showed that smart lighting systems in hospital wards improved sleep quality for both short-term and long-term patients [30].

Wearable devices that monitor sleep patterns offer real-time feedback and valuable data to healthcare providers. These technologies can help identify sleep disruptions and guide personalized interventions. In a pilot study by Turner et al. (2022), wearable sleep monitors were used to track the impact of relaxation techniques and noise reduction strategies, showing improvements in both sleep duration and quality [31].

### **The Role of Family and Caregiver Support**

Family members and caregivers often play a critical role in promoting sleep hygiene, particularly in long-term care and pediatric settings. Family involvement can provide emotional comfort, alleviate anxiety, and support consistent sleep routines. Nurses can educate family members on how to create a calming environment, such as maintaining quiet during rest periods and avoiding stimulating activities in the evening.

In pediatric care, parental involvement is especially crucial. Parents can implement bedtime routines and ensure their children have access to comfort items, such as blankets or toys, which can enhance the sense of security and facilitate sleep. A study by Martinez et al. (2023) found that parental presence during bedtime significantly reduced nighttime awakenings in hospitalized children [32].

Family education programs focusing on sleep hygiene practices have also been shown to improve outcomes for long-term care residents. These programs encourage families to collaborate with nurses in maintaining structured routines and reducing environmental stressors, fostering a holistic approach to patient care [33].

### **Cultural Considerations in Sleep Hygiene**

Cultural beliefs and practices significantly influence patients' perceptions of sleep and the strategies they find acceptable. Understanding these cultural differences is essential for designing effective sleep hygiene interventions. For example, some cultures place a high value on daytime napping, which may conflict with hospital routines that prioritize nighttime sleep. Nurses can work with patients to tailor sleep hygiene practices that align with their cultural preferences while promoting recovery. A study by Lee et al. (2022) emphasized the importance of cultural sensitivity in sleep hygiene education. Tailored interventions that consider patients' cultural backgrounds and beliefs about rest resulted in higher adherence to sleep-promoting behaviors and improved patient satisfaction [34].

### **Future Directions in Sleep Hygiene Research**

Despite advancements in understanding and implementing sleep hygiene practices, significant gaps remain in research and application. Future studies should focus on long-term outcomes of sleep hygiene interventions, particularly their impact on recovery times, mental health, and patient satisfaction.

One emerging area of interest is the role of artificial intelligence (AI) in personalizing sleep care. AI algorithms could analyze patient-specific data, such as medical history, current medications, and sleep patterns, to recommend tailored interventions. Preliminary research by Smith et al. (2023) highlighted the potential of AI-driven tools to enhance sleep management in hospital settings by predicting disruptions and suggesting optimal strategies [35].

### **Conclusion**

Sleep hygiene is essential for improving the recovery and overall well-being of hospitalized patients, especially those in critical and long-term care settings where sleep disruptions are most common. Evidence has shown that interventions such as environmental modifications, patient education, and the careful use of pharmacological aids can significantly enhance sleep quality. Nurses, as key frontline healthcare providers, play a vital role in implementing these strategies. By minimizing noise, optimizing lighting, and creating a comfortable physical environment, nurses can help mitigate one of the most common barriers to sleep in hospital settings. Furthermore, educating patients about sleep hygiene, including relaxation techniques and maintaining consistent sleep routines, enables patients to take an active role in their own recovery, leading to better sleep outcomes.

Despite the proven effectiveness of these interventions, several obstacles hinder their consistent application in hospitals. Environmental factors such as hospital noise, the presence of medical equipment, and frequent staff

interventions disrupt patients' sleep. Additionally, patient-specific issues such as pain, anxiety, and physical discomfort exacerbate these challenges. Structural barriers, including staffing shortages and the absence of hospital-wide policies focused on sleep hygiene, further complicate efforts to improve sleep. For these strategies to be successful, healthcare institutions must prioritize sleep hygiene within their care protocols and provide the necessary resources and support to nurses and other healthcare providers to ensure consistent implementation.

Improving sleep hygiene for hospitalized patients is more than a matter of comfort—it is a crucial factor in supporting recovery and overall health. Future research should aim to address the barriers to implementation and investigate additional interventions to enhance sleep quality across various hospital environments.

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### الدور الأساسي للممرضين في تعزيز ممارسات نظافة النوم للمرضى في بيئات الرعاية الحرجة وطويلة الأمد

#### الملخص

#### الخلفية:

تلعب ممارسات نظافة النوم دورًا هامًا في تحسين صحة المرضى داخل المستشفيات، خاصة المرضى الذين يعانون من حالات حرجة أو مزمنة. تؤثر اضطرابات النوم في هؤلاء المرضى بشكل كبير على تعافيتهم وجودة حياتهم. تعمل الممرضات على تعزيز ممارسات نظافة النوم من خلال تعديل بيئة المستشفى، تعليم المرضى، واستخدام الأدوية المناسبة عند الحاجة.

#### الهدف:

يهدف هذا البحث إلى استكشاف دور الممرضات في تعزيز ممارسات نظافة النوم للمرضى داخل المستشفيات، مع التركيز على الأدلة العلمية التي تدعم هذه الممارسات في بيئات الرعاية الحرجة وطويلة الأمد.

#### الطرق:

تم إجراء مراجعة شاملة للأدبيات الحالية حول ممارسات نظافة النوم في المستشفيات، بما في ذلك تأثير التعديلات البيئية، والتعليم الموجه للمرضى، واستخدام الأدوية لتحسين جودة النوم. كما تم استعراض دور الممرضات في تطبيق هذه الاستراتيجيات في بيئات الرعاية المختلفة، مثل وحدات العناية المركزة ودور الرعاية الطويلة الأمد.

#### النتائج:

أظهرت الدراسات أن التعديلات البيئية مثل تقليل الضوضاء وإدارة الإضاءة تساهم بشكل كبير في تحسين جودة النوم. كما أن تعليم المرضى حول ممارسات نظافة النوم واستخدام تقنيات الاسترخاء يساهم في تحسين نومهم. بالإضافة إلى ذلك، كان لاستخدام الأدوية المهدنة دور مهم في بعض الحالات، لكن يجب استخدام الأدوية بحذر لتجنب الآثار الجانبية.

#### الخلاصة:

تعد ممارسات نظافة النوم جزءًا أساسيًا من رعاية المرضى في المستشفيات، وتلعب الممرضات دورًا مهمًا في تعزيز هذه الممارسات. ينبغي للمؤسسات الصحية أن تضع سياسات واضحة تشجع على تطبيق هذه الممارسات باستمرار لتحسين نتائج المرضى.

**الكلمات المفتاحية:** نظافة النوم، المرضى داخل المستشفى، التدخلات التمريضية، الرعاية الحرجة، الرعاية طويلة الأمد، اضطرابات النوم.