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Title: Quality of sleep for adult in-patients**Introduction**

Quality of sleep can be particularly important for in-patient recovery. Sleep disturbances can be associated with adverse physiological effects. Quality of sleep is affected by factors such as the duration of sleep and number of times awoken in the night.

Aim

Our aim was to measure the quality of sleep by means of an objective score based on The Pittsburg Quality of Sleep Index¹ and to compare the effects of different factors on the quality of sleep.

Method

We created a 13 point questionnaire consisting of both qualitative and quantitative information. We devised a way of scoring quality of sleep with a maximum score of 20 and minimum of 5. The questionnaire was put to 102 consenting patients in six orthopaedic in-patient wards in The Royal Infirmary of Edinburgh. Ethical permission: NHS Lothian (NR/1501AB14) and The University of Edinburgh. We then recorded patients' responses and analysed these data using MS Excel 200x.

Results

The mean quality of sleep score was 13. The mean score for in-patients after only one night was significantly less than this at 9.3. Noise and pain were the most frequent causes of sleep disturbances. Those aged between 35 and 44 reported the worst quality of sleep and there were some patterns associated with quality of sleep and age.

Discussion

We concluded that factors such as age did impact quality of sleep, whereas the differences between a single and private room appeared to have no impact. The majority of patients reported a worse quality of sleep in hospital in comparison to their quality of sleep at home.

References:

1. Buysse DJ, Reynolds III CF, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research. *Psychiatry Res* 1988 May 9; 28(2):193-213