

IMPORTANCE

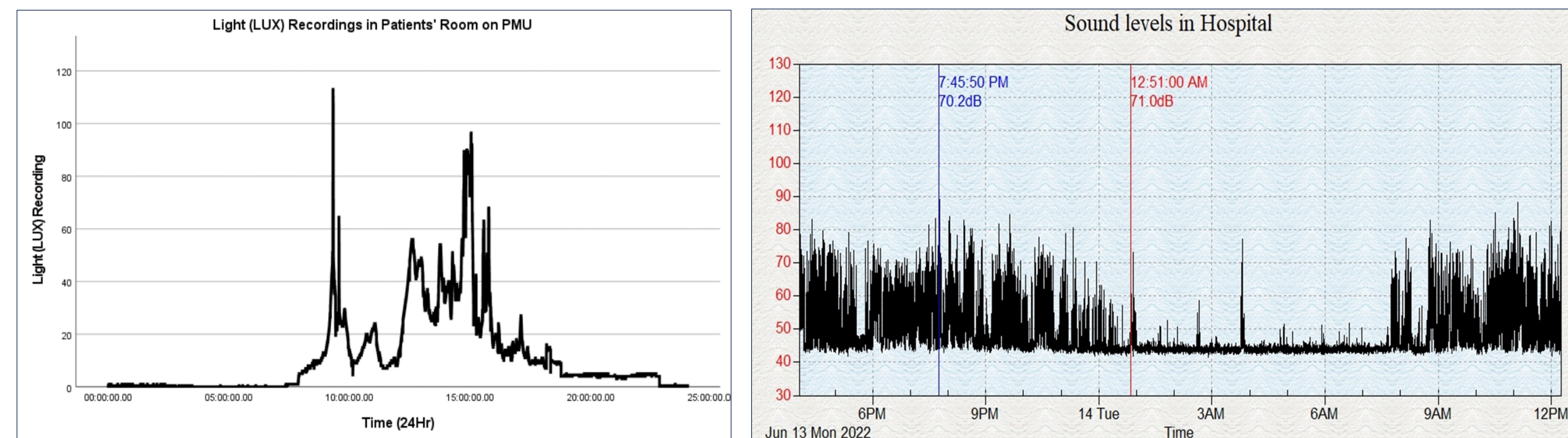
- Sleep is important for immune response, healing, pain management, and coping with stress.
- Sleep is disrupted in hospital by environmental, institutional and biopsychosocial factors. Many are amenable to change but are often not addressed.
- Admission to hospital provides an important opportunity to model and educate about healthy sleep practices.
- The restrictions associated with the COVID-19 pandemic created additional challenges to achieving healthy sleep in hospital.

METHODS

- Mixed methods, exploratory study
- Sleep experiences of 7 pediatric in-patients and their co-resident parents for 2 nights in hospital and 2 nights at home after discharge.
- Measured: sleep quality and duration, activity, mood, disruptions experienced, light and sound
- Semi-structured interviews with 2 fathers and 3 mothers
- 86 healthcare providers (HCPs) were sent a survey on personal sleep experiences and knowledge of sleep in hospital. 21 responded (response rate 24.4%).

Sleep needs to be given a higher priority when planning in-patient treatments, hospital environments, healthcare providers' work patterns, and institutional policies.

LIGHT AND SOUND



- Not meeting daytime light recommendations in hospital.
- Light-reducing strategies for nighttime already in place (ex. flashlights)
- Quiet times do not correspond to bedtimes.
- Regularly exceeding WHO guidelines of < 35 dB during the day and < 30 dB at night.

INTERVIEW THEMES

- Sleep matters all the time and everywhere
- Family and environmental influences on sleep
- Managing a challenge
- The importance of support systems
- Positive change is possible

COVID-19

- 28.6% of HCPs felt the pandemic worsened their sleep, 42.9% felt it worsened families' sleep in hospital
- Time-use diaries showed virtually no time spent outside hospital room or physical activity. Several parents working remotely from hospital room.
- Parents noted extra PPE blocking windows, multiple room changes, isolation, difficulty accessing basics needs like water, increased staff stress. Appreciated staff entering rooms for socialization and support.

PRACTICE AND POLICY

- Being awarded **"Sleep-friendly"** status may motivate organizations to adopt practices to support healthy sleep within hospitals, and support families to continue practices at home after discharge.
- Need to plan how the inadvertent consequences of pandemic restrictions on sleep in hospital and at home can be mitigated.

NEXT STEPS - Shhh2

- 'Translating Research Into Care' project guided by parents, hospital staff, and youth
- Focus groups with parents, HCPs, and hopefully youth (13-17 years) to fact-check findings and explore solutions
- Implement and evaluate positive changes
- Ensure consistent adoption and sustainability
- Develop educational resources

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