



# Quiet Time: An Endeavor to Decrease Sleep Deprivation and to Heal the Brain

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## Introduction

Sleep deprivation and disruption is the second most stressful factor in a hospital setting. Sleep disruption can effect neurological, hormonal, cardiac, metabolic, and immune system function. Our goal was to educate our nursing colleagues to the benefit of quiet time while implementing it on the unit. To further investigate we surveyed our peers and collected patient and family satisfaction.

## PICO

**P:** Sleep Deprivation in neuroscience patient population

**I:** Implementing quiet time on unit during 1400-1600 and 2100- 0500.

**C:** Patient and nursing satisfaction before and after quiet time initiation

**O:** Greater benefit to patients and staff during hospital stay.

**Question:** What impact does quiet time have on patients outcome and nursing fulfillment.

## Methods

A literature search was performed utilizing the CINAHL database.

Pre-implementation data was collected from Press Ganey Patient Satisfaction scores and nursing staff survey.

Education was provided and personnel identified to assist in dimming lights at correct time.

Post-implementation data was collected from Press Ganey Patient Satisfaction scores and nursing staff survey.

## Discussion

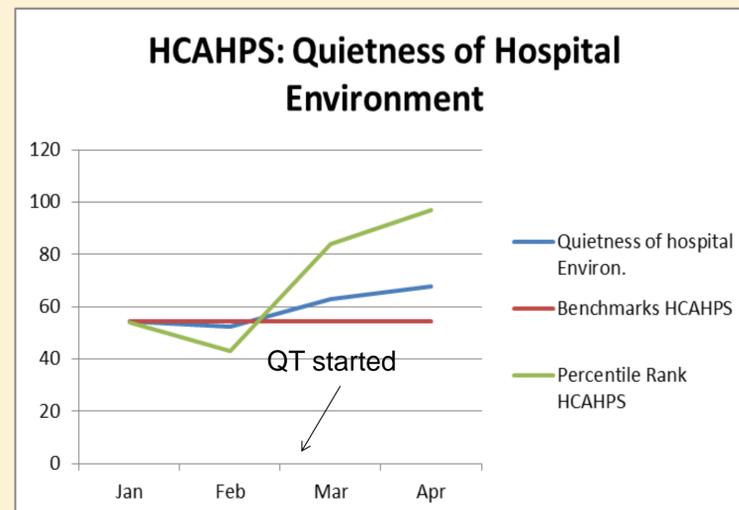
•According to research, the best times to implement quiet time are **2:00 pm to 4:00 pm** during day shift and **9:00 pm to 6:00 am** for night shift.

•Evidence based research also proved that quiet time has shown many beneficial results for patients such as promoting healing, maintaining circadian rhythms, decreasing length of hospital stay, and decreasing heart rate, anxiety, and stress.

•Quiet time also has beneficial effects for nursing staff such as increasing job satisfaction, decreasing stress, allowing more time for charting, and fewer errors are made.

## Results

The graphs below represent the patient and family satisfaction results pre and post implementation of quiet time. The graphs show a welcoming acceptance and positive outcome in patient population.



## Conclusions

- Patient satisfaction with the hospital environment was dramatically improved with implementation of quiet time.
- Increased sleep and healing environment increases patient satisfaction
- Decreased stimulation impacts patients and nurses
- With dimmed lights, most staff make a concerted effort to keep the volume down on their conversations and work quietly both during the day and at night.
- Quiet environment has potential to decrease intracranial pressures, patients get more sleep, patient's and nursing staff more relaxed, which will result in improved patient outcomes.

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