Hospital, In-Patient Sleep Quality Concerns & Solutions

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Respiratory Associates November Webinar

2026

Conflicts of Interest

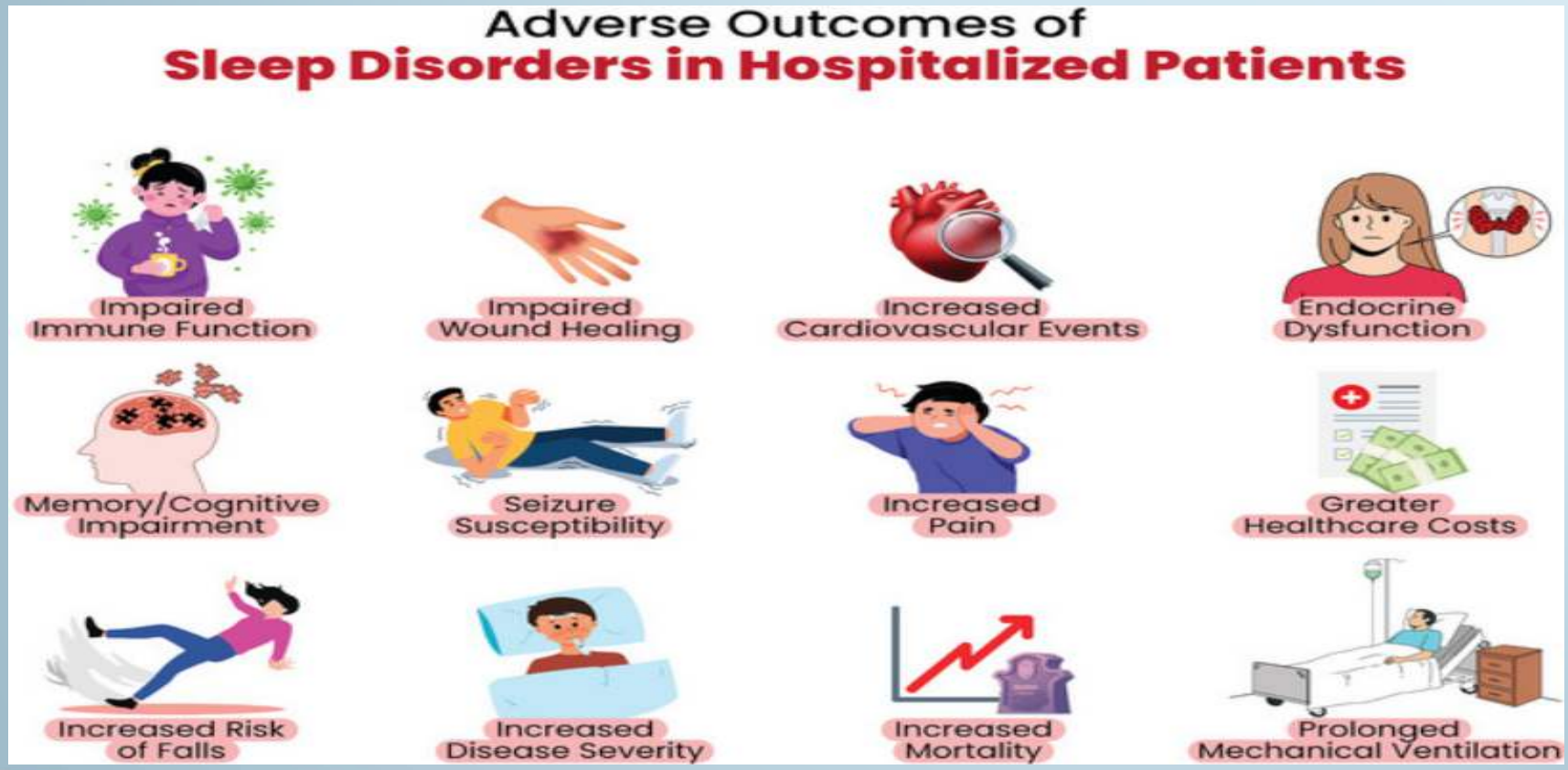
- Accreditation Site Surveyor/Consultant

- Kpharmaceutical, Inc.
- Aquoral
- National Clinical Specialist

Learning Objectives

- 1. Describe the **impact** of interrupted rest & sleep on hospitalized patients.
- 2. Identify common **barriers** to patient rest & sleep in the busy hospital environment.
- 3. Discuss strategies respiratory therapists & healthcare teams can use to improve patient rest during hospitalization. **Best Practices!**
- 4. Develop practical **solutions** that can be brought back for discussion & implementation in the workplace.

Patient Impact Examples



OSA Patient Sleep Disruption Impact

JCSM | Journal of Clinical Sleep Medicine

SPECIAL ARTICLES

Evaluation and management of obstructive sleep apnea in adults hospitalized for medical care: an American Academy of Sleep Medicine clinical practice guideline

Reena Mehra, MD, MS, FAASM[1]; Dennis H. Auckley, MD, FAASM[2]; Karin G. Johnson, MD, FAAN, FAASM[3]; Martha E. Billings, MD[1]; Gerard Carandang, MS[4]; Yngve Falck-Ytter, MD[5,6]; Rami N. Khayat, MD, FAASM[7,8]; Reem A. Mustafa, MD, MPH, PhD[9,10]; Cinthya Pena-Orbea, MD[11]; Ashima S. Sahni, MD, FAASM[12]; Sunil Sharma, MD, FAASM[13]; Susheel P. Patil, MD, PhD, FAASM[14,15]

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Impacts Clinical Outcomes and Patient Experience

- Escalation of Care
- Prolonged Hospital Stays
- Poor Patient Experience, Expressed in Surveys
- Increased Liability

Common Barriers to Patient Sleep Quality/Ref#6

Sleep in Hospitalized Patients

Anne Marie Morse [1,*] and Evin Bender [2]

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Abstract: Hospitalized patients frequently have disordered and poor-quality sleep due to a variety of both intrinsic and extrinsic factors. These include frequent nighttime intrusions, insomnia related to pain and unfamiliar environments, dark conditions during the day with loss of natural light, and disruption of the natural sleep cycle due to illness. Sleep wake disturbances can result in a deleterious consequence on physical, emotional, and cognitive status, which may impact patient satisfaction, clinical recovery, and hospital length of stay. Despite this, clinicians frequently fail to document sleep disturbances and are generally unaware of the best practices to improve sleep quality in the hospital. A PubMed search was conducted using the terms: ("sleep and hospitalized patients") and ("sleep and hospitalization") to review the published data on the topic of sleep in hospitalized medical patients. The search was limited to English-language articles published between 2000 and 2018. Subsequent PubMed searches were performed to clarify the data described in the initial search, including the terms "hospital sleep protocols," "hospitalized patients sleep documentation," and "hospitalized patients sleep quality". The purpose of this review is to discuss sleep disturbances in hospitalized patients with a focus on causes of sleep disturbance, the effect of poor-quality sleep, high risk populations, considerations for surveillance and prevention, and pharmacologic and non-pharmacologic options for treatment.

Sleep/Rest Barriers



Barriers of All Kinds/Please Add to Chat

- Lights
- Alarms
- Loud Conversations
- Loud Wheels
- Loud Shoes
- Meds and Vitals rounds>>>>>>>**Pain**
- Construction
- Existing Sleep Disorder, OSA, Insomnia
- Other Patients
- Additional Co-Morbid Conditions
- Politics…….

Patient Sleep in The ICU

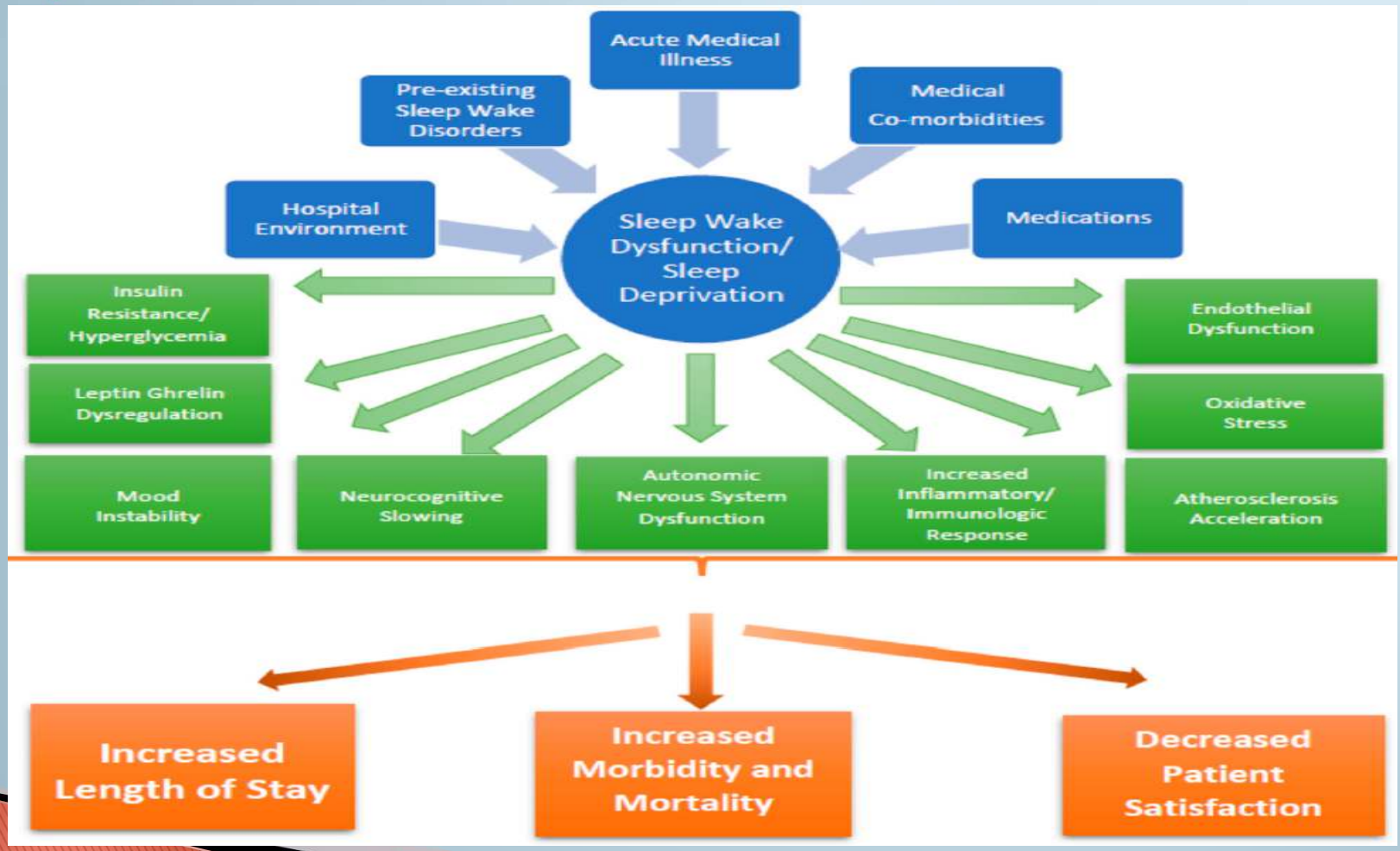
- Up to 40 interactions with staff per night!!

- Clustering/Consolidating of care can help
  - Fragmented Sleep Stages
- Lights/Alarms/Meds/Vents…….Very Complex

- **Sleep in the Intensive Care Unit>Reference # 4.**


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BALDWIN
"Try to get some rest. I'll be in every few minutes to make sure you don't."

RTs/Allied Health Best Practices for Better Patient



Best Practice Pathway/Strategies via EMR/Staff



Best Practices for Improvement

- **Environmental:**
- Non-pharma tools, music, eye masks, earplugs, aroma?
- **Schedule optimization:**
- Consolidating nighttime tasks with other allied health when possible.
- Avoid non-urgent blood draws before 7:00am
- **Light Management:**
- Dim lights during designated sleep times, encourage sunlight exposure.
- **Targeted Care:** Address random needs/pain. Team focus on pre-existing sleep disorders, such as OSA.

Introducing Solutions/Effecting Hospital Change/Ref#9

Brain and Behavior

Forward Series

CORRECTION | Open Access

Correction to "Optimizing Sleep Disorder Management in Hospitalized Patients: Practical Approach for Healthcare Providers"

This article corrects the following:

First published: 27 July 2025 | https://doi.org/10.1002/brb3.70678 | VIEW METRICS

PDF CITE TOOLS SHARE

Roostaei, G., N. Khoshnam Rad, B. Rahimi, et al. 2025, Optimizing Sleep Disorder Management in Hospitalized Patients: Practical Approach for Healthcare Providers. Brain and *Behavior*, 15: e70282. https://doi.org/10.1002/brb3.70282

In the originally published version, the heading levels were misnumbered throughout. The online version has been updated accordingly.

Hospital Lighting/Noise Review/Patient Sleep Mask/Earplugs



Create Quiet Zones/Times/Hall Signs Help



SIESTA Concept Solution

- **S**creen for underlying sleep disorders…..OSA.
- **I**nstruct patients on healthy sleep hygiene habits while admitted.
- **E**liminate unnecessary nighttime awakenings and bundled care tasks.
- **S**hut doors and isolate staff conversations away from patient care zones.
- **T**reat contributing symptoms like pain, nocturia, and anxiety(Nursing).
- **A**larm and noise control by silencing or removing non-essential devices alerts.

Get a Speaker in from the Sleep Lab
RT Sleep Navigator?????

- Allied Health Team Discussions

- **“Find Your Champions**
- **For Change”!!!**

Valley Forge Pennsylvania/Fall 2026



Respiratory/Sleep Navigator/A New Player??/ A Champion for Change???

- Similar to the Asthma Educator and COPD Navigator Roles
- Visits with patients and family in hospital
- Helps determine current OSA risk or current diagnosis/therapy.
- **Stop Bang/Epworth and Berlin Questionnaires**
- Reviews patient's current therapy if present
- **Alerts Nursing and Respiratory** to any immediate concerns
- **Helps coordinate Action Plans** ie: Noise reduction/Lights, Proper Therapy
- Reduces Readmissions, Patient Risk, Hospital Liability
- **Increases Patient Safety, Patient Satisfaction, Hospital Revenues**

Thank You Kelly Gladden, RRT, RPSGT, CCSH!!!

- Kelly.gladden@wellstar.org
  - Wellstar Health System
  - Ten Hospitals across Georgia
  - Ten Sleep Disorders Centers

- **Pioneers in the Sleep Navigator Concept**

- T. “Massey” Arrington, RPSGT, CPXP, CCSH, FAAST, AVP
- Both Kelly and Massey are Champions/resources for us.

Remember….

- To Effect Change in Health Care..

- **1st**
- **Find Your Champion(s)**

Organizations

- SASM Society of Anesthesia and Sleep Medicine https://sasmhq.org
- National Heart, Lung and Blood Institute nsdr@nih.gov
- AASM American Association of Sleep Medicine https://aasm.org
- AARC American Association for Respiratory Care https://www.aarc.org
- AAST American Association of Sleep Technologists https://www.aast.org
- BRPT Board of Registered Polysomnographic Technologists>CCSH credential
- AAO American Academy of Otolaryngology https://www.ent.org
- American Sleep Apnea Association https://rarediseases.org
- ACCP American College of Chest Physicians https://chestnet.org
- ATS American Thoracic Society https://www.thoracic.org
- NBRC National Board for Respiratory Care>SDS credential

References/Evidence Based Medicine

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- 2. Mehra, Reena, et al. JCSM “Evaluation of obstructive sleep apnea in adults hospitalized for medical care: an American Academy of Sleep Medicine clinical practice guideline. Vol 21, No 12 Dec 1st 2025.
- 3. Cho, Hyung J, Katz, Mitchell “A Good Nights Sleep in the Hospital” JAMA Intern Med 12/28/2021 doi:10. 1001/jamaintermed. 2021.7362
- 4. Dorsch, Jennifer, Martin, Jennifer, et al. “Sleep in the Intensive Care Unit: Strategies for Improvement” Semin Respir Crit Care Med. 2019 12/11

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- 5. Kelly Gladden, RRT, RPSGT, CSSH
- 6. Morse, Anne, Bender, Evin “Sleep in Hospitalized Patients” Abstract
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- 7. Wesselius, Hilde et al. “Quality and Quanity of Sleep and Factors Associated With Sleep Disturbance in Hospitalized Patients” JAMA Intern Med September 2018
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- 9. Roostaei, Ghazai et al. “Optimizing Sleep Disorder Management in Hospitalized Patients: Practical Approach for Healthcare Providers” 2025

More Red Maples



Thank You Keith/Tori,,Attendees/Questions??
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