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How does sleep effect hospitalized patients

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In the time I spent in hospitals both for school and work, I saw a common trend of patients complaining they were exhausted. In the hospital vitals are taken every 4 hours, labs drawn multiple times throughout the night, provider rounds, and medication administration. With constant interruptions throughout the night it is no surprise patients constantly feel tired. Sleep is very important for not just the body's health, but its ability to heal. The overall purpose of the research is 1) how can hospital staff ensure better sleep for patients that have been hospitalized and 2) what does constantly waking patients throughout the night have on their health? These questions have been researched by looking at multiple studies and research articles to determine what the effects on patients are and how hospital staff can help patients get better sleep. The conclusions of these questions will be addressed by answering what effects on the body does lack of sleep cause, what clinical signs patients exhibit when there is a lack of sleep, what hospitalized staff can do to help patients get better sleep, and what are some realistic barriers that will prevent better sleep. The methods that I would use to address these questions would be to evaluate 200 total patients, where the length of stay is between 3 and 7 days. 100 patients would be my control group. These patients would have no interventions for their sleep. I would review vital signs throughout their stay, and ask at the end of their stay how rested they felt. The second group of patients would have interventions to help them sleep. I would review their vital signs throughout their stay, and ask them how rested they felt at the end of their stay, and then compare the groups and evaluate the data.