

ABSTRACT

***THE EFFECT OF SLEEP HYGIENE TOWARD FULFILLING
PATIENT'S SLEEP NEEDS IN INTENSIVE CARE UNIT (ICU)***

LITERATURE REVIEW

By:

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Introduction: Sleep was an important component in energy recovery and quality of life for critical patients. Patients who were admitted to the ICU experience problems frequently with their sleep needs. Sleep hygiene was a strategy applied in order to improve the quality and quantity of sleep. The purpose of this study was to explain the effect of sleep hygiene toward fulfilling the sleep needs of patients in ICU based on studies in the last three years. **Methods:** Literature review accessed five databases (Scopus, Proquest, Science Direct, PubMed and CINAHL) with keywords sleep hygiene, sleep deprivation, intensive care and search was conducted from July – August 2020. The Centre for Review and Dissemination and The Joanna Briggs Institute used to assess research quality. The inclusion criteria used were behavior, environmental and sleep-related factors which were believed to improve the quality and quantity of sleep for adult patients in ICU. Data tabulation and narrative analysis of study was performed. Title, abstract, full text and methodology were assessed for the eligibility of the studies. **Results:** Thirteen articles were analyzed according to the inclusion criteria. Sleep hygiene was categories into two types, namely noise reduction and lighting control (n=8), complementary-alternative therapy (n=5). **Discussion and Conclusion:** Sleep hygiene with noise reduction and lighting control as well as complementary-alternative therapy have an influence in increasing the sleep needs of patients in the ICU. However, further research needs to be done related to the obstruction in the application of sleep hygiene toward intensive care unit, especially in Indonesia.

Keywords: *Sleep Hygiene, Sleep Deprivation, Intensive care*

ABSTRAK

PENGARUH *SLEEP HYGIENE* TERHADAP PEMENUHAN
KEBUTUHAN TIDUR PASIEN DI *INTENSIVE CARE UNIT (ICU)**LITERATURE REVIEW*

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Pendahuluan: Tidur merupakan komponen penting dalam pemulihan energi dan kualitas hidup pasien kritis. Pasien yang dirawat di ICU sering mengalami gangguan pemenuhan kebutuhan tidur. *Sleep hygiene* merupakan sebuah strategi yang diterapkan dalam rangka meningkatkan kualitas dan kuantitas tidur. Tujuan dari penelitian ini adalah menjelaskan pengaruh *sleep hygiene* terhadap pemenuhan kebutuhan tidur pasien di ICU berdasarkan studi dalam tiga tahun terakhir. **Metode:** *Literature review* mengakses lima database (Scopus, Proquest, Science Direct, PubMed dan CINAHL) dengan kata kunci *sleep hygiene*, *sleep deprivation*, *intensive care* yang dilakukan dari bulan Juli – Agustus 2020. *The Centre for Review and Dissemination and The Joanna Briggs Institute* digunakan untuk menilai kualitas penelitian. Kriteria inklusi yang digunakan yakni perilaku, kondisi lingkungan dan faktor-faktor yang berhubungan dengan tidur yang dipercaya dapat meningkatkan kualitas dan kuantitas tidur pasien dewasa di ICU. Dilakukan analisis dan tabulasi data pada artikel. Judul, abstrak, teks lengkap dan metodologi dinilai untuk menentukan kelayakan artikel atau jurnal. **Hasil:** Sebanyak tiga belas artikel dianalisis sesuai dengan kriteria inklusi. *Sleep hygiene* dikategorikan menjadi dua macam yakni pengurangan kebisingan dan kontrol pencahayaan (n=8), terapi komplementer-alternatif (n=5) **Kesimpulan:** *Sleep hygiene* dengan pengurangan kebisingan dan kontrol pencahayaan serta terapi komplementer alternatif mempunyai pengaruh dalam meningkatkan kebutuhan tidur pasien di ICU. Namun, perlu dilakukan penelitian lebih lanjut terkait hambatan-hambatan dalam penerapan *sleep hygiene* pada tatanan pelayanan intensif khususnya di Indonesia.

Kata Kunci: *Sleep Hygiene*, Kekurangan Tidur, Perawatan Intensif