

REFERENCIA DEL ARTÍCULO (Formato Vancouver)

Venkateshiah VB, Collop NA. Sleep and Sleep Disorders in the Hospital. CHEST. (IL). 2012; 142(5): 1337-1345

PERSONA QUE HACE LA SÍNTESIS

Cintia Escandell

SÍNTESIS

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| DISEÑO | Revisión bibliográfica |
| PARTICIPANTES | Personas hospitalizadas con alteraciones del sueño. Pacientes psiquiátricos con sepsis, con ventilación mecánica y con apnea obstructiva del sueño. |
| RESULTADOS | <p>GENERAL "There is evidence that sleep loss leads to undesirable behavioral and physiologic effects." ... "adverse effects on metabolism"</p> <p>RUIDO "Subjective patient interviews have been used and questionnaires have been administered."</p> <p>LUZ "Abnormalities of circadian rhythm have also been shown in hospitalized patients." "Melatonin levels tend to peak near the middle of the nocturnal sleep and decline over the rest of the sleep period. Most hospitalized patients do not have adequate exposure to bright light (sunlight) and there is usually persistent light present throughout the 24-h period." "Loss of normal circadian melatonin secretion has been described in sepsis." "... a more continuous stimulation of melatonin production was noted. In contrast, circadian rhythm was preserved in nonseptic patients in the ICU."</p> <p>RUIDO "Because noise is a major sleep disruptor, noise reduction measures that can be used include keeping the patients' doors closed, posting notices reminding others to minimize noise and conversation, reducing the volume of the monitor alarms without compromising patient safety, limiting television and telephones, reducing beeper volumes, or changing to vibrating mode, etc. Bright-light exposure during the day and darkness promotion during the night (along with avoiding nighttime diagnostic testing) are also likely to be of benefit."</p> |

QUÉ APORTA ESTE ARTÍCULO A SUEÑO

Tener en cuenta "The American Academy of Sleep Medicine"

Posibles referencias para ser estudiadas:

la 1, 2, 8, 9, 10, 11, 12.

RUIDO: 13, 14, 15, 16.

28, 29, 30, 60

PUNTOS ESENCIALES QUE PUEDEN SER DIFUNDIDOS EN REDES

sueñon