



The Sleep Well Trial

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Objective

- Research has proved that patients who have a better quality night's sleep and improved rest during their hospital stay, feel better more quickly. The aim of the sleep kit trial was for patients to be able to access items that would help reduce some of the disturbances patients experience in hospital. It was hoped that this would promote more restful sleep and help patients to feel better more quickly and go home sooner.

What has been done?

- Facilities Management purchased 1,000 sleep kits through funds from Derby Hospitals Charity in 2016, knowing about similar successful sleep trials. The Sleep Well Trial was about enhancing patient experience.
- Wards 203 (Spinal, Trauma & Orthopaedic), 216 (Short Stay), 303 (Oncology) and 405 (DME) participated in the four-week trial. Sisters on these wards saw a demonstration of the contents of the sleep kits and the concept of the trial was explained, as well as the benefits to the patients
- Ward staff were asked to engage with patients by encouraging them to apply the REST principles - **R**elaxation, **E**lectronic devices, **S**hhhhh, **T**rollies. The trial began in August 2016.

The Trial Kits



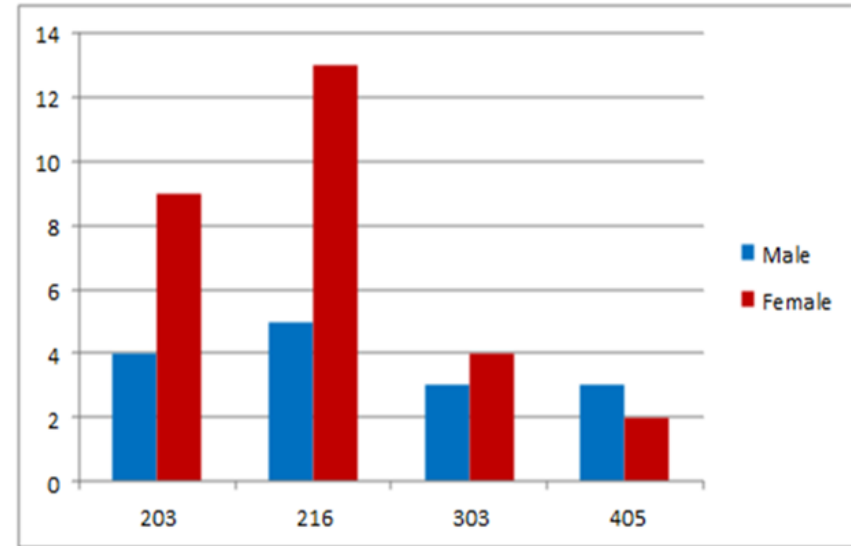
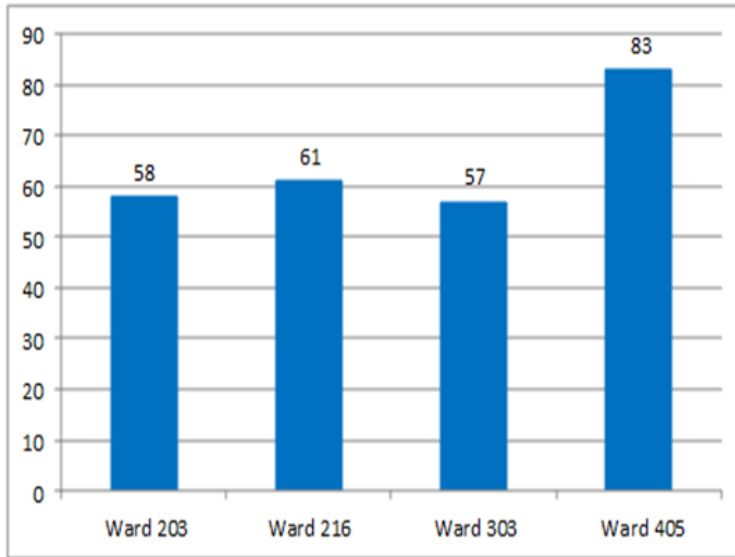
Contents

- Non-Slip Socks
- Pot of lip balm
- Eye Mask
- Ear Plugs
- Note book, puzzle book and pencil

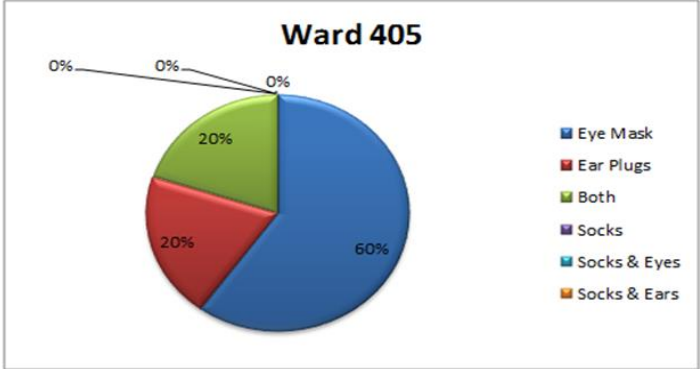
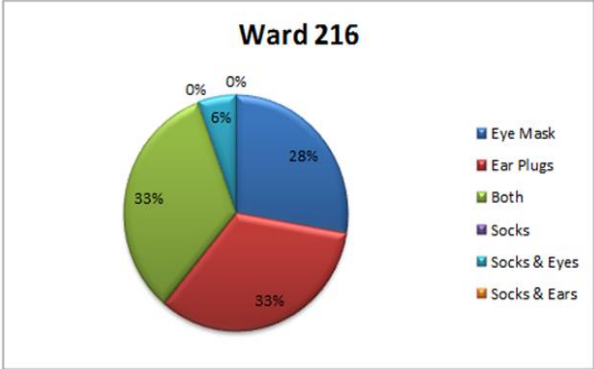
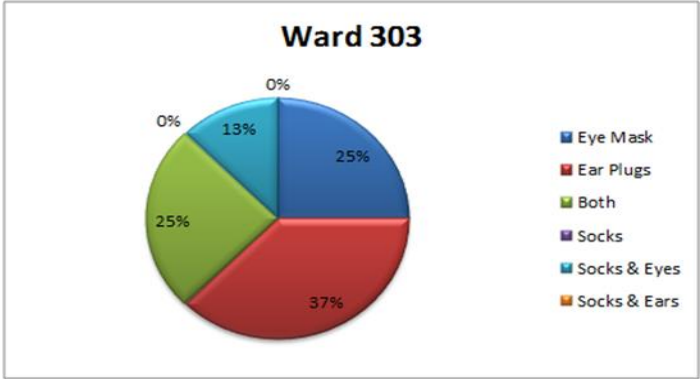
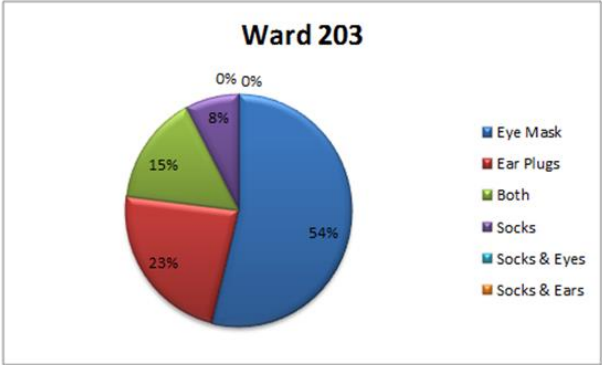
Baseline Data

Today's Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Time I Went To Bed Last Night							
Time I Woke Up This Morning							
No. of Hours I Slept							
How Many Times Did You Wake in The Night?							
How Many Times Were Due To Noise?							
How Many Times Were Due To Essential Medication?							
How Awake Did You Feel When You Woke Up Today?							
1. Wide Awake							
2. Awake but still tired							
3. Sleepy							
Have You Had A Nap Today?							
Average Length of Any Naps							
Have You Had Any Caffeine Drinks This Evening?							
How Sleepy Did You Feel Today?							
1. So Sleepy Struggled To Stay Awake							
2. A Little Tired							
3. Awake							
4. Wide Awake and Alert							

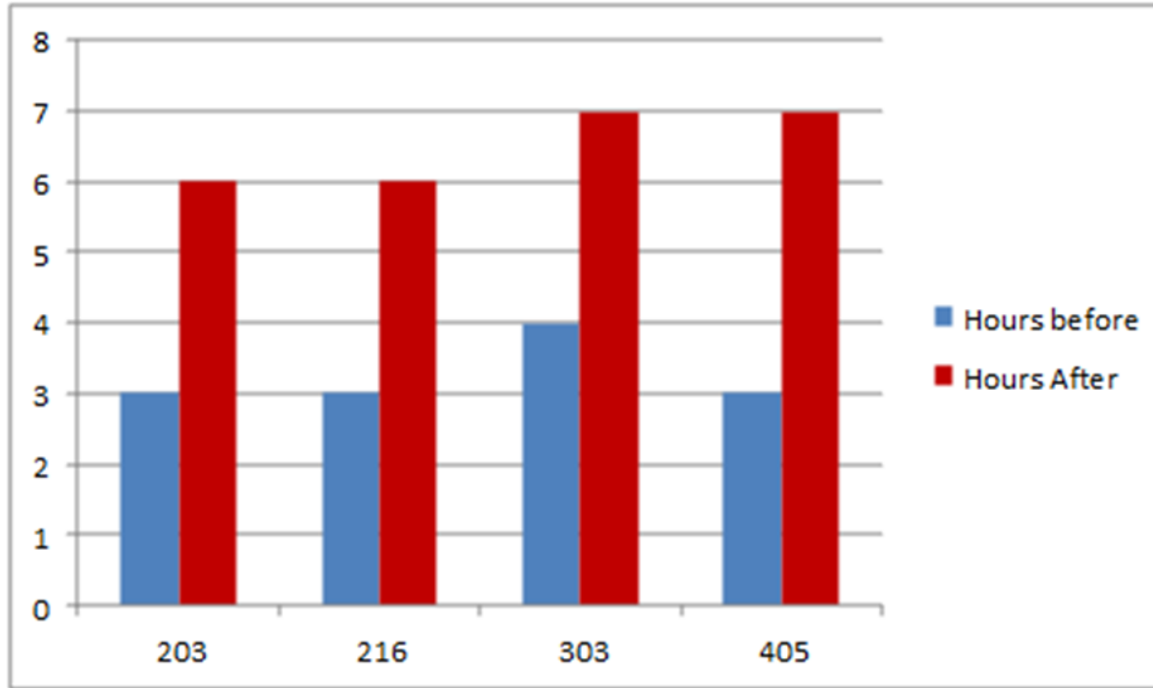
Age and Gender



Items used



Before and after



From the baseline data, patients had an average of 3 hours sleep before using a sleep kit.

The results of the trial showed an average increase of 4hrs per night

Patients sleep increased from an average of 3 to 7 hours.

Patient Feedback

- **Ward 203** – Male 59, in a bay of 4 - used ear plugs and the eye mask for 6 nights. Increased sleep from 4 to 7 hours. *“Eye mask was invaluable. Thank you for making a difference”.*
- **Ward 216** – Female 80, in a bay of 8 - used the eye mask for 6 nights. Increased sleep from 2 to 8 hours. *“Eye mask is the best thing ever. It makes such a difference. Thank you so much, made me feel much better during the day time”.*
- **Ward 303** – Female 52, in a bay of 4 - used the eye mask for 2 nights. Increased sleep from 4 to 8 hours. *“I used the eye mask through the day. Better sleep - days and nights go quicker. Thank you, I feel so much brighter the last few days”.*
- **Ward 405** – Female 72, in a bay of 4 - used the eye mask and ear plugs. Increased sleep from 2 to 6 hours. *“Ear plugs are a god send - people shout on this ward. Eye mask is super for keeping the light out”.*

Modifications and Design



Final Contents

- Eye mask
- Earplugs
- Patient Information booklet & pencil

Rollout and Supply



- A supply chain system was implemented with direct delivery into our hospitals.
- An ordering system was put in place giving ward staff the tools to keep their supplies topped up.
- Officially launched February 2018

Next steps

- The usage of the sleep kits is still being assessed.
- Sponsorship
- Rolled out to our other campus'
- This type of pack could be used in many situations for many age groups, including young adults, long term trauma patients, orthopaedics, nursing homes and cancer therapy etc.