



## EFFECTIVENESS OF SLEEP HYGIENE PROGRAMME ON KNOWLEDGE AND PRACTICE REGARDING SLEEP HYGIENE AMONG SELECTED INSTITUTIONALIZED OLDER ADULTS

Ms. Arti Choudhary<sup>1\*</sup>, Ms. Haritha M. Nair<sup>2</sup>, Mr. Jaivin Jaisingh J<sup>3</sup>, Mr. Libin Joseph<sup>4</sup>

<sup>1</sup>\*P.G. Tutor Psychiatric Nursing Department, Narayan Swami College of Nursing Subharti University, lifecoacharti@gmail.com, 91+ 6398568588

<sup>2</sup>Associate Professor Psychiatric Nursing Department, Teerthanker Mahaveer College of Nursing

<sup>3</sup>Assistant Professor (Medical Surgical Nursing Department

<sup>4</sup>Professor & HOD Psychiatric Nursing Department, Teerthanker Mahaveer College of Nursing

**\*Corresponding Author:** Ms. Arti Choudhary

\*P.G. Tutor Psychiatric Nursing Department, Narayan Swami College of Nursing Subharti University, lifecoacharti@gmail.com , 91+ 6398568588

### Abstract

Sleep hygiene refers to the set of behaviors, an appropriate environment, a healthy lifestyle, and other sleep-related aspects that can be altered as a stand-alone treatment or component for sleep-related issues. Many health issues accompany ageing, including sleep problems. Sleep deprivation causes a slew of issues, lowering people's quality of life as they age. The main aim of the investigation was to evaluate the impact of sleep hygiene programme on knowledge and practices regarding sleep hygiene among selected institutionalized older adults. Quantitative research approach with one group pre-test post test test design was utilized in this investigation. The investigation was done at old age homes of Moradabad U.P. In relation to the level of knowledge among older adults, the pre test mean knowledge scores 4.3 with the S.D 2.51 post test mean knowledge score 23.86 with the S.D 1.99. Calculated 't' value 58.085 showed that statistically high significant at  $p < 0.001$  level.

### INTRODUCTION

Common recurring mental and physical problems can occur due to lack of sleep. based on altered consciousness that inhibits sensory activity and prohibits practically all REM sleep is characterized by voluntary muscle activation., and reduced interactions with the environment. Sufficient sleep is essential for overall health, lowers the risk of heart disease, increases emotional intelligence, prevents depression, and boosts immunity, among other things. Recommended duration of sleep for infant is 12-16 hours, adults 7-9 hours, people over 65 7-8 hours is needed. Unfortunately, old age people are not very much aware of good sleep practices. They are also unaware of how poor sleep hygiene affects cognitive function. Many older adults complain for sleep for poor sleep, few have sleep disorders many need commonly prescribed medications. sometimes medications are prescribed, but these medications may be useful in the management of short-term sleep problems but fail in providing long term relief sleep problems can be treated by behavior modifications effective approach is sleep hygiene practice Sleep hygiene is a set of adoptable behavior and environmental recommendations which helps in promotion of healthy sleep set of recommendation include (regular exercise, personal hygiene, avoiding substance e.g., caffeine, nicotine, room lighting, right clothing, avoiding electronic device at night maintain regular sleep pattern.

## **MATERIAL AND METHODS –**

The main aim of the investigation was to evaluate the impact of sleep hygiene programme on knowledge and practices regarding sleep hygiene among selected institutionalized older adults. Quantitative research approach with one group pre-test post test design was utilized in this investigation. The participants in this investigation comprises were 100 older adults of Vedic Vradha Ashram Budhivihar Moradabad U.P. The sample was chosen using a purposive sampling strategy. Demographic variables assessment, Self-structured tool to assess practice & Standardized tool Pittsburgh sleep quality index were the tools used to collect the data. After that data was analysed by using inferential and descriptive statistics.

### **RESULT- A) - Assessment of knowledge and practices regarding sleep hygiene among selected institutionalized older adults.**

Regarding pre-test knowledge level most of the older adults (94%) were having poor knowledge 6(6%) were having average knowledge level. In the post-test, 5(5%) had average knowledge and 95(95%) had a good level of knowledge.

About the pre-test level of practice, 97(97%) had poor sleep quality 3% were having Good sleep quality. In the post-test 49(49%) had poor sleep quality and 51 (51%) had Good sleep quality.

### **B) – Impact of sleep hygiene programs on knowledge and practices regarding sleep hygiene among selected institutionalized older adults.**

Mean pre-test level of practice (16.25) lesser than mean post-test level of practice score (4.36); hence it is showed the effectiveness of the demonstration.

### **C) - Association between pre-test knowledge level and practices of sleep hygiene among selected institutionalized older adults.**

Data shows that last Profession and Marital status are significant and all other demographic variables are non-significant in the revealed statistical association with pre-test level of knowledge scores shows that duration of staying home is significant and all other demographic variables are non-significant in the revealed statistical association with pre-test level of knowledge score.

## **CONCLUSION**

This investigation concluded that demonstration was an effective way to teach sleep hygiene among older adults. It enhances the knowledge and practice regarding sleep hygiene that will reduce sleep deprivation and improves health and lifestyle outcomes.

## **CONFLICT OF INTEREST**

Authors declares that there is no any conflict of interest for this investigation.

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