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Clinical Project

**Introduction:**

Sleep is the basic need for human and animal. The disturbance in sleeping pattern affects human health in various ways. People often misunderstand the sleeping disturbance and do not pay attention to it. However, if the problem regularly occurs, it interferes in daily life and affects routine. The sleeping disturbance is the problem which decreases the ability to acquire the quality sleep (“Sleep Disorders,” n.d.). It is absolutely normal not to have enough sleep once in a while due to the work pressure, excitement, tension, or wrong daily routine but facing difficulties in sleeping on regular basis impact both physical and psychological health which implies that person should immediately consult to the physician. It not only impacts human health but also interferes with their emotional and social functioning. The most common types of sleep disturbance include insomnia, hypersomnia, sleep apnea, and narcolepsy (“Common Sleep Disorders,” n.d.).

 Different reports indicate that sleep disturbance increase with age. Age is the crucial element that brings various factors which affect the daily routine of the individuals. For instance, children mostly face sleep disturbance due to health issues and restless environment. 33 to 45% of individuals face inadequate sleep due to restless legs, insomnia and sleep apnea. Average sleep duration is 7 hours where eight per cent of individuals are diagnosed with sleep apnea, 18% with restless legs and twenty per cent with insomnia. Data also indicates that 76% of people who sleep for less than 5.5 hours face different sleeping disorders in Australian adults (R. Adams, Appleton, Taylor, & Antic, n.d.). Latest data indicates that the use of the internet also affecting the sleeping pattern as people use more of the internet before going to bed which disturb their sleep. Men mostly face more sleep disturbance than women where women mostly feel sleeping disturbance during pregnancy (“Chapter 3: Clinical Issues,” n.d.). Employed people who face sleep disturbance recorded error in their work due to sleepiness. In addition, twenty percent of accidents in 2016 occurred as drivers nodded off while driving. All this data indicates that sleep disturbance is a problem which directly or indirectly impacts the daily performance of the person at work as well as in their personal life (“Chapter 3: Clinical Issues,” n.d.).

**Objective:**

The main objective of the paper is to spread awareness about the clinical issue of "sleep disturbance". It is significant to identify the strategies for reducing the problem and ensuring better healthcare quality in the nation.

**Literature Review:**

 The article (R. J. Adams et al., 2017), highlighted the report of a health survey of Australian adults that sleep problems are common in the people. 23% of the people were unable to take average sleep due to tough schedule where older adults face more difficulties while sleeping. There is a sharp increase in sleep disturbance from 2010 onwards and excessive use of the internet is the crucial factor. The author explained that less sleep causes bad immune function and increase infection risks like cancer. It can also cause heart attack and hypertension in some cases as it links to the mental well-being and cognitive function. The article is useful for the project as it covers a large amount of population where researchers took telephonic interviews from more than a thousand adults of Australia who have age above 18. In addition, an online survey was conducted in which respondents filled the questionnaire. The findings indicate that 40% of women and 26% of men face sleep difficulties where 50% of women and 38% of men find it difficult to sleep again if they wake up during the night. The issues impact work and social activities.

 In the article (Cormier, 1990), researchers highlighted the strategy to control the sleep disturbance it is important for the clinicians to identify the issue with the broad category of sleep disorders. Clinicians often relate sleep difficulties with the other health issues of the patient. However, it is necessary to identify that complain of the patient about "trouble sleeping' is actually a difficulty they are facing for falling asleep. Another strategy that the researcher discussed is to identify precipitating causes which can help to understand the pattern or duration of any sleep disturbance. In the case of insomnia, the study of drug history is essential for the clinicians. People who are addicted to some sort of drug wake up in the middle of the night and find it difficult to sleep again.

In the article (Alsaadi, McAuley, Hush, & Maher, 2011), sleep disturbance among the people suffering from low back pain is observed. Low back pain is associated with the common health condition and can lead to disability and work loss. Finding indicates that patient with the low back pain is associated with sleep disturbance however it is difficult to identify that sleep disturbance is more with the new patient or who have low back pain for a long time. Psychotherapy and physical activities are some of the strategies that can be effective to reduce pain and sleep difficulties together.

 In the article (Bin, Marshall, & Glozier, 2012), the impact of insomnia is explained to understand the hurdles in individual function and health care use in Australia. 8841 respondents from Australia from the age group of 16 to 85 participated as a volunteer to acquire the cross-sectional data. The article is useful for the project as it determined the correlation between healthcare consumption, insomnia and disability. The findings indicate that insomnia is found among older adults and the main factor behind the issue are age, gender, psychological distress and pain. Strategies that clinicians use to avoid the problem includes providing a schedule for daily activities, medication for mental health, consultation of general practitioners, sleep medication use and hospital admission in extreme case. Researchers concluded that one Australian out of twenty face issue of insomnia which is directly linked to the availability of healthcare facilities and impairments in functioning.

 The article (Practitioners, n.d.), is about the sleep disturbance in children. Researchers claim that sleep disturbance in children is behavioural in origin. The article is significant as it highlighted the crucial strategy that is evidence-based behavioural management strategies to understand the sleep difficulties in infants and teenagers. The sleep difficulties in a younger age can be controlled by the home-based behavioural intervention. Community health practitioners and parents play a central role for the successful diagnosis and treatment of the problem. The article explains that the sleep issue in children is easy to treat, however, if no proper treatment is made at an early age, it can lead to serious disorders like insomnia in adulthood. In addition, the health and development of the children get affected due to the disturbance in the sleeping schedule.

 Another article (Baird et al., 2018) identifies the issue of sleep disturbance with and without PTSD in Australian Vietnam Veterans. PTSD occurs after the traumatic incidence which also leads to sleep disturbance. With the help of cross-sectional analysis, the comparison was made between the Australian Vietnam veterans with and without PTSD. Findings indicate that patients with PTSD have more chances of sleep disturbance than People without PTSD. Among war veterans 1.9 to 8.8% face PTSD which ultimately leads to sleep disturbance. The problem can be controlled through two strategies that are considered of polysomnography and detailed sleep assessment.

In the article (Dorrian et al., 2011), Dorrian and fellows conducted a study to identify and explore the compensatory behaviour among the nurses and participants were required to record their exhaustion, stress and intake of caffeine every day. The voluntary participants disclosed sleep disturbance, stress and exhaustion and extreme drowsiness on their working days. More than 60% of the participants of study informed about their intake of sleep aids and caffeine. Generally, 22% of them reported dissatisfaction and unhappiness with their jobs. This study indicates the high prevalence of stress and fatigue among midwives and nurses. In addition, it discloses the intake of caffeine and pills to cope up with the daily word stress and insomnia.

 In the article (Waloszek, Raniti, & Melbourne, 2017), researchers explain the sleep problem in correlation with anxiety and depression. Disturbed sleep for one day can bring sadness, laziness, and cranky feeling while continuous sleep disturbance can result in anxiety and depression. Various researches indicated that anxiety and depression cause sleep disturbance while the latest researches indicate that both anxiety, depression and sleep disturbance are side by side. It is possible that firstly disturbance in sleep can occur which may result in anxiety and depression. The strategy that the researcher highlighted for the problem is cognitive behaviour therapy. A recent study found that online therapy improves not only depression but also insomnia symptoms. The intervention is cost-effective and accessible to a large number of people.

 In the article (Pilowsky, Crettenden, & Townley, 1985), researchers study the sleeping habit of patients with back pain. Hundred patients with back pain were studied and asked about their sleeping habits. Findings indicate that sleep disturbance is linked to the psychological disturbance in chronic pain patients. In addition, sleep disturbance varies with the condition of the patient that is patients with less pain faceless issue of sleep difficulty while patients more pain intensity were recorded as poor sleepers. The strategies that are recommended include the proper assessment of pain and sleeping pattern of the patient along with the introduction of physical activities. In addition, communication and discussion with the patient can help to reduce the psychological problems which can cause sleep disturbance.

 In the article (Hiscock, Canterford, Ukoumunne, & Wake, 2007), national population study was made to identify the sleep disturbance in Australian preschoolers. The main objective of the research is to find out the correlation between sleep disturbance in preschool-aged children and their behaviour in terms of life quality, early numerical skills, verbal, preliteracy, injury, and hyperactivity disorder. The finding indicates that health issues are observed among the children who face sleep disturbance than the children who take proper sleep. Sleep disturbance impacts their physical and psychological development which can increase the risk of hyperactivity disorder.

 In the article (Halson, 2008), the impact of sleep disturbance among athletes is being discussed. Researchers found that proper sleep is required for the efficient performance of athletes. Sleep disturbance can cause physical weakness and low-quality performance. Sleep can be disturbed due to the use of alcohol or any other drug, caffeine and hyper-hydration. Different strategies can be introduced to decrease sleep disturbance like warming up the body, proper diet plan, appropriate sleep hygiene, and hyper-hydration.

**Evaluation:**

The clinical issue of sleep disturbance can be evaluated from the literature review that provided the detail about the problem its symptoms, treatment and intervention. The report indicates that women face more sleep disturbance than men. Age is one of the main factor associated with sleep difficulties (R. J. Adams et al., 2017). Older adults face different disorders like insomnia which leads to other physical and psychological healthcare issues. One out of twenty Australian face issue of sleep disturbance. Sleep disturbance and its negative consequences among Australian adults increased the focus of the healthcare representatives to focus on the policy which can increase the awareness of this issue with the public to avoid the increased clinical issue (Melinda, n.d.). People often avoid sleep disturbance and link it to the other healthcare issue however sleep disturbance can be the factor which leads to other health issues. Clinicians should consider the drug history of the patient as it is a crucial factor for the problem (Cormier, 1990). In addition, people with cognitive problem or low back pain feel sleep disturbance. The intensity of the pain is associated with a high risk of sleep difficulties (Pilowsky et al., 1985).

One of the literature highlights the factors like age, gender, psychological distress and pain that can lead to sleep disturbance (Alsaadi et al., 2011). The issue can be decreased through proper assessment, medication and physical activities (Bin et al., 2012). Sleep disturbance in children is less than the adults but its consequences are high as it impacts both physical and psychological development of the children (Hiscock et al., 2007). The sleeping issue in children can be reduced through the attention of the parents and evidence-based behavioural management (Practitioners, n.d.). Sleep disturbance is also associated with psychological disorder PTSD. Patient with PTSD often face difficulties in sleeping. They wake up in the middle of the night and find it difficult to sleep again (Baird et al., 2018). Consideration of polysomnography and detailed sleep assessment are the strategies that can help PTSD patient to avoid sleep difficulties. Just like a PTSD patient, the patient of anxiety and depression also face sleep disturbance. However, it is possible that regular sleep disturbance may result in anxiety and depression. Therefore, it is important to consult the physicians if the person is having a problem with the normal sleeping pattern (Waloszek et al., 2017). A healthy person like athletes nurses and mother can face sleep disturbance which can be due to the use of drug, caffeine, hyper-hydration and unhealthy diet (Halson, 2008).

**Recommendation:**

* The first recommendation for the clinicians is about the C6 because most of the people are unaware of the negative aspect of the sleep disturbance. Therefore, the professional must understand the issue and discuss it with the patients in a balanced way.
* Pharmacologic sleep is an effective treatment for the patient. Besides other strategies like cognitive therapy, sleeping assessment, drug history, polysomnography, evidence-based behavioural management, and sleep medication are also effective strategies.
* Most important, clinicians should know their code of ethics and they should provide complete guidance through discussion or awareness program so people can so self-care.
* The patient suffering from PTSD, anxiety, depression, back pain or any other physical issue must be referred for diagnosis and treatment for sleep disturbance.

**Conclusion:**

Sleep disturbance is the clinical issue which is not in the focus in most of the clinicians as well as the patient. People often link sleep disturbance with other health issues while the diagnosis and treatment of this clinical issue are equally important. A patient diagnosed with low back pain, PTSD, anxiety, depression, and physical injury face sleep difficulties. Sleep disturbance once in a while is normal but if it happens regularly than the person should consult to the doctor for treatment. Children faceless sleep disturbance than the older adults but it impacts their development both physically and psychologically. Age is one of the important factors related to sleep disturbance while useful strategies include cognitive therapy, sleeping assessment, drug history, polysomnography, evidence-based behavioural management, and sleep medication.

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