Abstract

Introduction: sleep satisfaction becomes a key aspect to assess in hospitalized patients in the intensive care unit (ICU), since there is evidence of complications from sleep deprivation, which impacts on the increase of hospital stay, occurrence of delirium and the delay in the return of the patient to the social, labor and emotional life. Objective: To identify the perception of sleep in hospitalized patients in an ICU. Material and methods: Descriptive observational study developed in an ICU in Bogotá, with a sample comprised by 35 patients who were administered the questionnaire Richards- Campbell. Results and conclusions: It was found that the mean total of sleep was 41, which corresponds to regular sleep. When analyzing the scores on each of the items of the questionnaire, it shows that the sleep of these patients was characterized as light, hard to reconcile with frequent awakenings. Therefore, although the sleep perceived by patients in the ICU is regular, it is considered not restful; it is essential then that the nursing staff include in their day care plan the sleep assessment and identify possible causes that trigger its deprivation, in order to minimize them by implementing care actions that promote a peaceful and favorable environment.

Keywords

Sleep, perception, intensive care.