**TOPIC: Increase Education and Promotion of Sleep Hygiene to Reduce Sleep Deprivation**

 **Associated Errors**

**SUBMITTED BY: University of Iowa**

**Iowa City, Iowa**

**AUTHORS: Rachel Simonides, Ellie Shaver**

WHEREAS, According to recent research, nurses who work night and rotating shifts often face difficulties staying awake during their shift. These nurses are twice as likely to make an error compared to those working day or evening shifts (Di Muzio, et al., 2019, p. 4518); and

WHEREAS, A study conducted by Ann Rogers, a tenured professor who studies sleep, found a significant correlation between sleep in the 24 hours prior to a shift and the risk of making an error. Nurses who reported an error or near miss had received significantly less sleep than those who did not report an error or near miss (Rogers, 2008, p. 510-511); and

WHEREAS, In another study, looking at the relationship between sleep deprivation and the occurrence of medication errors, 289 full-time night shift nurses reported sleep deprivation and over 75% of the sample reported sleeping 4.7 hours or less in a 24 hour period. This is remarkably lower than the suggested amount for adequate brain function (Di Muzio, 2019, p. 4517); and

WHEREAS, Physiologically, sleep deprivation affects the brain’s frontal and prefrontal cortex, which are areas of the brain associated with behavior, memory, planning, and decision making. In a survey done, nurses tested at the end of a night shift scored lower on tests involving math, reaction time, intellectual ability, and working memory compared to nurses tested at the end of a day shift (Kaliyaperumal, 2017, CC01-CC03); and

WHEREAS, Various industries and professions have implemented and begun developing programs to reduce sleep-based errors that include an educational component, where employees are provided teaching and information about sleep hygiene techniques, shift work adjustment, circadian rhythms and its importance, and strategies to reduce overall fatigue and burnout (Rogers, 2008, p. 513-514); and

WHEREAS, Some techniques to improve sleep hygiene include identifying a time frame to fall asleep each night, avoiding caffeinated beverages before bed, hydrating and maintaining a healthy diet, and implementing a soothing bedtime ritual (Kimble-Smith, 2022); and therefore be it

RESOLVED, that the Iowa Association of Nursing Students (IANS) implements a sleep improvement promotional campaign that includes a required module about the overall detrimental effects of poor sleep habits and tips for better sleep hygiene that all nurses and hospital employees must complete in its entirety to increase awareness of the dangers of sleep deprivation; and be it further

RESOLVED, that the sleep improvement campaign materials be made available throughout the state of Iowa and incentive is given to hospitals who adopt the program and make it mandatory for their employees; and be it further

RESOLVED, that IANS increases awareness of negative effects and errors directly related to sleep deprivation and ways to combat these problems through email communication and keynote speakers at conventions; and be it further

RESOLVED, that IANS send a copy of this resolution to the American Nurses Association, Iowa Department of Public Health, National Student Nurses’ Association, American Association of Public Health Nurses, Iowa Nurses Association, American Association of Colleges of Nursing and all others deemed appropriate by the IANS Board of Directors.