

The effect of modified night lighting on sleep characteristics, and activity levels among admitted inpatients.

ACTRN12614000616673

Status	RECRUITING
Sponsor	Royal Brisbane and Women's Hospital
Enrollment	84 participants

Plain Language Summary

This companion study to a hospital falls prevention trial is looking more closely at how modified night lighting in patient rooms affects how well individual patients sleep and how much they move around at night. Patients admitted to one of six study wards will be asked about their sleep quality and experiences before and after the new lighting is installed, helping researchers understand whether the lighting actually improves comfort and rest for patients.

You may be eligible if:

- You are 65 years of age or older
- You are admitted to one of the six study wards at Royal Brisbane and Women's Hospital
- You have been on the ward for fewer than 30 days
- You are not due to be discharged within 3 days
- You speak fluent English

You may NOT be eligible if:

- You have known cognitive impairment
- You are not fluent in English
- You are too unwell or medically unstable to participate
- You have already provided data for this study in a previous month

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Patients admitted to one of six RBWH wards recruited to a larger cluster randomised controlled trial (registration ID: ACTRN12614000615684) studying the effect of modified night lighting on inpatient falls.

Exclusion (6)

- We will exclude patients who have been in the ward for longer than 30 days or are due to be discharged within the following 3 days.
- We will also exclude patients that have provided data for the current study in a previous month (on any wards).
- Patients with known cognitive impairment will be excluded, as an important element of this observational study is to capture data on participant subjective experience of the sleep environment, on sleep quality and on disruptions. Self-report data of this nature could be unreliable in cognitively impaired populations.
- Due to lack of multi-language versions of the scales used in this study, we will also exclude patients who are not fluent in English.
- Lastly, we will exclude patients who are unstable or too unwell to participate.
- ... and 1 more (see full listing online)

Locations (1 total)

Royal Brisbane & Womens Hospital - Herston, QLD, Australia
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12614000616673>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](https://www.anzctr.org.au). Generated by [ClinicalTrialsFinder.org](https://www.clinicaltrialsfinder.org).