

# Implementation of a sleep management plan to improve the quality and quantity of sleep in the Intensive Care Unit: a before and after study (iSleep)

ACTRN12616000805471

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**Status** RECRUITING  
**Sponsor** Intensive Care Unit, John Hunter Hospital  
**Enrollment** 350 participants

## Plain Language Summary

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This study is testing whether a sleep improvement plan can help ICU patients sleep better while they are in hospital. The ICU environment — with its bright lights, alarms, and frequent interruptions at night — makes it very hard to sleep. The study will ask patients about their sleep quality, measure noise and light levels, and then put a sleep management plan in place (dimming lights, reducing monitor volumes, offering eye masks and earplugs) before measuring sleep quality again.

You may be eligible if:

- You are 18 years or older
- You are admitted to the intensive care unit
- You are awake and thinking clearly enough to answer survey questions about your sleep
- You are able to give informed consent

You may NOT be eligible if:

- You are under 18 years old
- You are a cardiothoracic (heart/lung surgery) patient
- You are not expected to survive your ICU admission
- You have a neurological condition affecting your ability to answer the survey
- You are on a mechanical ventilator

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

## Key Eligibility Criteria

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### Inclusion (1)

- Adult patients, admitted to the intensive care unit, patients cognitively able to answer a survey about sleep quality and quantity in the intensive care unit, patients who give informed consent

### Exclusion (1)

- Under 18 years of age, cardiothoracic patients, patients expected to die during ICU admission, neurological deficits that might keep patients from answering the survey, patients being mechanically ventilated.

## Locations (1 total)

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John Hunter Hospital Royal Newcastle Centre - New Lambton, NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000805471>

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