

Standardized Sleep Bundle for Cardiac Surgery Patients

NCT07401836

Status	RECRUITING
Phase	Not Applicable
Sponsor	Horizon Health Network
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (1)

- Adult patients over 19 years old, undergoing non-emergent cardiac surgery with cardiopulmonary bypass at the Saint John Regional Hospital (SJRH).

Exclusion (14)

- Emergent surgery.
- Severe renal or hepatic impairment (creatinine clearance (CrCl) <30 mL/min, Chronic Kidney Disease (CKD) stage e4, cirrhosis, Alanine Transaminase (ALT) $\geq 3 \times$ upper limit of normal (ULN)).
- Sleep apnea.
- Restless leg syndrome (RLS).
- Insomnia with chronic use of pharmacological sleep aids prior to admission (trazodone, benzodiazepines, zopiclone, mirtazapine, quetiapine, tricyclic antidepressants [nortriptyline, amitriptyline, doxepin]).

... and 9 more (see full listing online)

Locations (1 total)

Saint John Regional Hospital, Saint John, New Brunswick, Canada