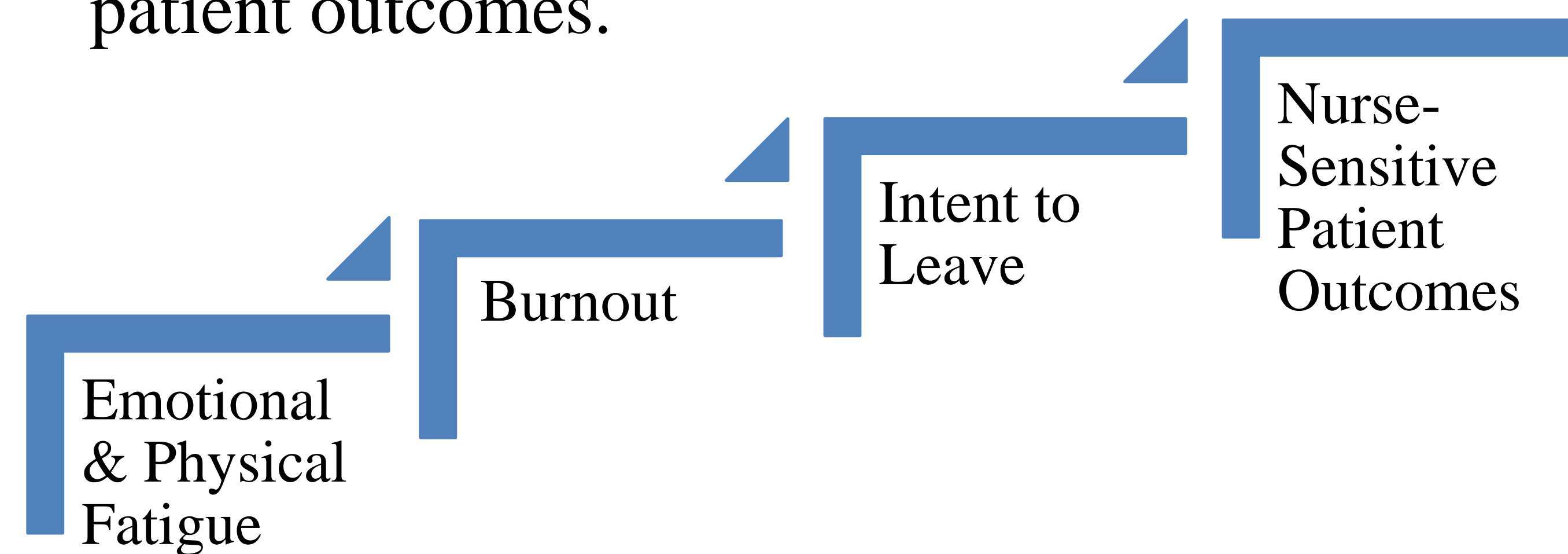


## Introduction

Night shifts worked by hospital staff nurses have been associated with increased patient-care errors as well as work-related accidents and personal injuries. There are multiple factors associated with this reasoning. Emotional and physical fatigue related to the job and hours worked can lead to burnout. The literature supports the notion that an escalation of fatigue and burnout leads to an increase in intent to leave the profession and negative nurse-sensitive patient outcomes.



Napping is a solution to the escalation of the problem given its ability to effectively reduce the overall circadian drive to sleep. Twenty to 30 minute naps allow for sleepers to achieve the first two of the four total stages of the sleep cycle. This improves functionality and productivity once awake.

## Purpose

- Integration of the most recent pieces of literature that quantitatively and qualitatively characterize the value of napping in the workplace.
- Results can be used to rework the culture and challenge negative perceptions surrounding napping for night shift nurses.

## Methods

- Databases: Ovid Medline and CINAHL.
- Keywords: napping, nurses, workload, night shift, burnout, “napping during the night shift,” “nurse burnout,” “clinical support in the workplace,” “intent to leave,” and “nurse sensitive patient outcomes.”
- Inclusion Criteria: nurses working night shift and studies conducted in the United States and Canada.
- Exclusion Criteria: patient sleep results, the effects of sleep on hypertension, articles published before 2010, and studies conducted in France, Brazil, and Finland.

## Results

- Search results yielded seven non-experimental studies.
- Articles grouped by physical and psychosocial findings that contribute to poor nurse-sensitive patient outcomes.
- Three articles correlated physical fatigue and emotional exhaustion to professional commitment and nurse-sensitive patient outcomes.
- Two articles found that disrupted sleep patterns in nurses working consecutive twelve-hour night shifts led to a negative alteration in the quality of care they reported providing.
- Two articles attest to the benefits of napping as an evidence-based practice that has the potential to improve workplace safety.

## Conclusions

- Fatigue caused by disrupted sleep patterns in the setting of nurses working the night shift causes slower cognitive responses and decision-making abilities, disruptions in short-term memory, difficulty maintaining attention to detail, and slower motor skills.
- Barriers surrounding napping as a solution should be brought down by reworking the culture, initiating a dialogue, and elevating the solution to appropriate decision makers.



## Nursing Implications

- Nurses should be aware of the effects of sleep disturbances and deprivation.
- Nurse managers should consider the benefits of napping when structuring night shift schedules.
- Nurses should be educated on sleep hygiene.
- Nurses who continuously work the night shift should have their health monitored.