Dream Big
IMPROVING SLEEP ON LEA WARD

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Life QI Code: 108521

"Sleep is the single most effective thing we can do to reset our brain and body health each day" – Matthew Walker, *Why We Sleep**
Getting sleep on the agenda for our service users' mental health and wellbeing

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Aim

To improve sleep for service users on Lea Ward, to be closer to the 'Gold standard' of 7-9 hours sleep between the hours of 10pm and 7am

How did you involve service users and carers in this work?

Service users have been central to this project from the start. The project came from feedback from a patient who was struggling with his sleep on the ward. Together, staff and patients came up with our key drivers.

Change ideas have been led by service users, including:
- ❖ A service user representative is part of the QI team and runs a group on the ward.
- ❖ Service users have created t-shirts to promote the project.
- ❖ They have coproduced a poster with staff to present at the QI forum
- ❖ They have designed the sleep packs

Tests of Change

Change ideas:
Sleep packs
FitBits
Key pouches
Infrared torch
Psychoeducation
No caffeinated drink after 6pm

Measures:
Night time observations
FitBit sleep and activity data
Gym attendance
Number of sleep packs used
Service user feedback
Staff feedback
Caffeine consumption

Driver diagram
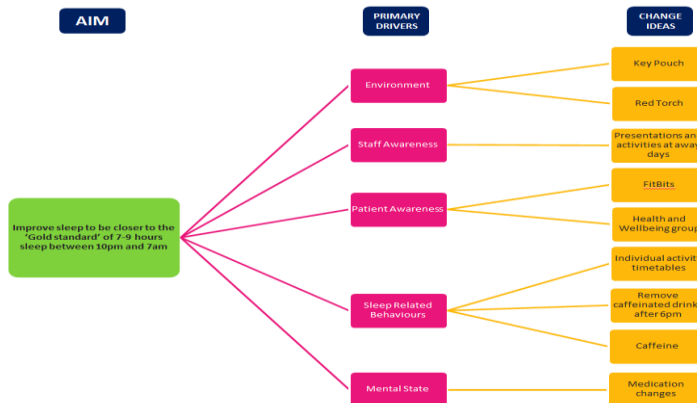
Data

We are still in the early stages of gathering data. Qualitative data is especially important for us in terms of recording service user experience. Some examples of the data we have so far:
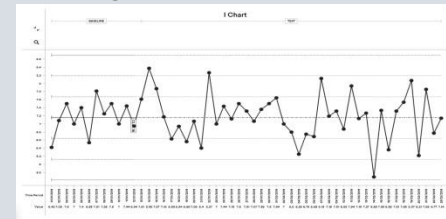
Qualitative:
Sleep pack – "The lavender is a nice touch. I put it under my pillow and it helped me sleep better."

Fitbit – "I'm going to get a Fitbit when I go home."

Medication – "Changing my medication time has helped my sleep routine."

Quantitative:
Average hours slept per night: this is our outcome measure to evaluate the impact of our change ideas.

Learning and what next?

The enthusiasm and dedication of service users and staff has been a big success for this project. There is still some way to go, but we are beginning to see a culture shift on the ward with sleep taking more priority among patients and staff who are talking more about it, generating awareness. We have learnt that sleep can be difficult to measure, due to the problem's more qualitative nature and the fact that sleep is an issue for those who both sleep too little and those who sleep too much.

What next?
- ❖ Use FitBits to gather accurate data and establish baseline and monitor trends/shifts
- ❖ Work with doctors and patients to address impact of medication and symptoms
- ❖ Recruit staff 'sleep champions' for each shift, day and night
- ❖ Gather qualitative data from service users
- ❖ More interactive workshops to involve service users and staff to raise awareness

*Reference: Walker, M. (2018) Why we sleep: The new science of sleep and dreams. London: Penguin Books Ltd.