



The Walton Centre
NHS Foundation Trust

AN AUDIT ON SLEEP QUALITY IN A UK REHABILITATION WARD

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Introduction

Inpatients in Rehabilitation wards often report sleep difficulties to clinicians. Some patients may have sustained injuries which disturb their normal sleep wake pattern. There is a lack of data to quantify or qualify these difficulties and sleep quality rating scales have not been developed with these patients in mind.

Results

10 patients (5 female) were included. The patients had a history of brain injury. Two had a history of myelopathy. One patient had a history of Demyelinating Polyneuropathy and was diagnosed during her admission, one patient