

Abstract

With the progress of the intense medicine, over the past ten years there has been documented more and more patients/clients who have survived a critical illness. Intensive care unit admission is a great source of somatopsychological burden to the patient/client. One of the main aspects of the negative experience is a quality of sleep which is subjectively perceived as low. This master thesis summarizes the knowledge of a current research which is dealing with the causes of poor sleep quality on the intensive care department. It offers a detailed overview of environmental and physiological factors which are related to the poor quality of sleep. It contains summary information of the description and recalling dreams. The research of the master thesis is handling searching for factors which predict the poor quality of sleep, and also the factors which predict if a patient/client will recall the dream which they were having. Within our research we executed an exploratory pilot study. In conclusion of the analysis there was a discovery of a deteriorative sleep quality by perceiving heat discomfort. We were also observing the trend of a deteriorative sleep quality by the connection to the mechanical ventilation, but only when not provided sedation. The result of the research are follow-up research hypothesis which will be investigated in a future research. The master thesis contributes to a wide research field which aims to find interventions in the long term which significantly contribute to the improvement of sleep quality and thus the experience of in intensive care admission.

Keywords

sleep, intensive care, dream, RCSQ

