

عنوان مقاله:

Potentially effective interventions for improvement of children's sleep quality: A systematic review

محل انتشار:

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خلاصه مقاله:

This systematic review aims to assess the effectiveness of various interventions in enhancing sleep quality for hospitalized children. The study analyzed a decade's worth of literature, focusing on interventions targeting sleep improvement in children aged 0-18 years old within a hospital setting. The review encompassed 15 selected articles that met the criteria, exploring interventions such as cognitive-behavioral therapy, physical exercise, storytelling, music therapy, environmental adjustments, and massage therapy. However, notably absent were studies on pharmacological approaches to enhance sleep or alternative interventions akin to those used in older adults. The findings underscore the need for future research to bridge existing gaps, considering a broader spectrum of pediatric age groups and providing updated insights on medication-based approaches.

کلمات کلیدی:

sleep, Sleep-promoting, Nursing, children, Hospital, Systematic review

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