

CLINICAL USES: SLEEPING PROBLEMS (CNIN JULY 2010)

- You are working on night duty in a hospice and find that patients often do not sleep well.
- You want to find out more about sleeping problems in relation to palliative care, as you are aware it is a common problem, not only for patients but also for carers and sometimes staff.

There are pages within the Clinical Practice section that may be of interest. [Sleeping problems](#) (insomnia and poor quality sleep) are common in palliative care patients, and often have a significant impact on quality of life. There is also a page on [Insomnia](#).

Information is also available in this section about many of the possible causes of sleeping problems, which could be [physical](#) or [psychological](#).

Carers and families may also have difficulty sleeping from worry, or perhaps from waking in the night to perform care. Information is available on the [Patients and Families](#) pages that may be helpful. This includes [Emotional Challenges](#) or 'Looking after someone'.



Health professionals can also have problems sleeping and as with patients and families this could be a sign of underlying problems, such as [depression](#).

Information on [self care](#) for clinicians is included in the Clinical Practice, [Professional considerations](#) pages. You can also find a page on [burnout](#), and there are also [self-care concepts](#) and [self-care resources](#)

In the [Finding Evidence](#) section, there is a PubMed Topic Search on [Sleeping problems](#) as well as on [Professional Burnout](#).

There is also a Systematic Review Collection on [Sleeping Problems](#) and a review on professional burnout in the [Professional and Services Issues](#) Collection.

CareSearch is an online resource funded by the Department of Health and Ageing to help clinicians and consumers find relevant evidence about palliative care. Available now at www.caresearch.com.au