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# Sleep Disorders in Patients Admitted to an Internal Medicine Ward: An Observational Study

**Bologna Carolina*, Fabio Granato Corigliano, Pasquale Paradisone, Paolo Tirelli, Cesira della Volpe, Pasquale Piccirillo and Vincenzo Nuzzo**

General Medicine Unit ODM ASL NA1 Center, Italy

***Corresponding author**
Bologna Carolina, General Medicine Unit ODM ASL NA1 Center, Italy.

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**Background and Aims:** Sleep-wake rhythm disorders are common in hospitalized patients, often underdiagnosed. Systematic assessment of these disorders can improve the quality of care. The objective of our observational study conducted at the General Medicine Unit was primarily to assess the prevalence of sleep disorders in hospitalized patients and to correlate sleep-wake alterations with metabolic, infectious, or neurological disorders, analysing the association with length of stay and the onset of delirium or disorientation.

**Materials/Patients and Methods:** Our prospective observational study lasted one month. All patients ≥18 years of age admitted to the internal medicine unit for >48 hours were enrolled, excluding patients in coma, with severe sepsis, or with pre-existing severe psychiatric disorders. The tool chosen to assess sleep quality is the Richard Campbell Sleep Questionnaire (RCSQ) [1, 2].

**Results:** Short sleep duration is associated with increased cardiometabolic risk, worse patient prognosis, and longer length of hospital stay. Women are more affected by poorer sleep quality and the risk of delirium.

**Discussion:** It is emphasized that sleep should be a very important parameter to consider upon admission to the ward and throughout hospitalization. Pharmacological intervention may be rational in improving the outcomes of frail internal medicine patients.

## References

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