

The Role of Sleep Management in Stroke Recovery: Inpatient Rehabilitation Perspectives

Bruce Rian*

Department of Sleep Medicine, Central Clinic of Athens, Athens, Greece

DESCRIPTION

Sleep is an essential aspect of human health, playing a crucial role in physical recovery, cognitive function, and emotional well-being. For individuals undergoing inpatient rehabilitation after a stroke, sleep becomes particularly important due to its potential impact on recovery outcomes. Stroke is a life-altering event that often leads to physical impairments, cognitive deficits, and emotional challenges. Consequently, understanding and optimizing sleep quantity and quality during inpatient rehabilitation can significantly influence the overall rehabilitation process and long-term outcomes for stroke survivors.

Sleep patterns after stroke

Stroke can disrupt normal sleep patterns, leading to alterations in sleep architecture, duration, and quality. Studies have shown that individuals who have experienced a stroke often exhibit disturbances in sleep-wake cycles, increased sleep fragmentation, and decreased total sleep time. These disruptions may be attributed to various factors, including the physiological effects of stroke on the brain, pain, discomfort, medication side effects, environmental factors in the hospital setting, and psychological distress.

Impact on recovery

Sleep plays a vital role in the consolidation of motor learning and memory, which are crucial aspects of rehabilitation after stroke. Adequate sleep quantity and quality are associated with improved motor function, cognitive performance, and emotional regulation, all of which are essential for optimizing rehabilitation outcomes. Conversely, sleep disturbances during inpatient rehabilitation may impede progress, prolong recovery time, and increase the risk of complications such as depression, anxiety, and cognitive impairment.

Challenges in addressing sleep

Despite the recognition of sleep disturbances as common sequelae of stroke, addressing sleep-related issues during inpatient

rehabilitation poses several challenges. Healthcare providers may prioritize other aspects of care, such as physical therapy and medication management, over sleep assessment and interventions. Moreover, the hospital environment itself may not be conducive to optimal sleep, with factors such as noise, light exposure, frequent interruptions for vital sign checks, and discomfort from medical devices contributing to sleep disturbances.

Strategies for improvement

Efforts to enhance sleep quantity and quality during inpatient rehabilitation after stroke should involve a multifaceted approach that addresses both environmental and individual factors. Healthcare providers can implement strategies such as creating a sleep-friendly environment by minimizing noise and light, establishing regular sleep-wake schedules, promoting relaxation techniques before bedtime, and optimizing pain management. Additionally, educating patients and caregivers about the importance of sleep hygiene and providing behavioral interventions, such as cognitive-behavioral therapy for insomnia, can be beneficial in improving sleep outcomes.

Future directions

Further research is needed to better understand the mechanisms underlying sleep disturbances after stroke and to develop adapt interventions to address these issues effectively. Longitudinal studies examining the relationship between sleep patterns during inpatient rehabilitation and functional outcomes post-discharge are essential for identifying modifiable factors that can optimize recovery. Additionally, integrating sleep assessment and management into standard rehabilitation protocols can help prioritize sleep as a critical aspect of stroke rehabilitation.

CONCLUSION

Sleep quantity and quality play a significant role in the recovery process for individuals undergoing inpatient rehabilitation after stroke. Addressing sleep disturbances during this critical period can improve rehabilitation outcomes and enhance the overall

Correspondence to: Bruce Rian, Department of Medicine, Central Clinic of Athens, Athens, Greece, E-mail: rian.bru@gmail.com

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well-being of stroke survivors. By implementing targeted interventions and raising awareness among healthcare providers, patients, and caregivers, we can better support sleep health as an

integral component of stroke rehabilitation protocols, ultimately leading to improved long-term outcomes and quality of life for stroke survivors.