

# Nursing interventions promoting healthy sleep habits in children: a scoping review protocol

Mariana Gonçalves<sup>1</sup>

 [orcid.org/0000-0001-5796-8088](https://orcid.org/0000-0001-5796-8088)

Joana Guarda-Rodrigues<sup>2</sup>

 [orcid.org/0000-0002-9323-9410](https://orcid.org/0000-0002-9323-9410)

<sup>1</sup>Enfermeira sénior 1, na Unidade Funcional da Criança e Adolescente, Hospital CUF Descobertas.

<sup>2</sup>Professor adjunto, Departamento de Enfermagem da Criança e do Jovem, Escola Superior de Enfermagem de Lisboa.

## Abstract

### Background

Sleep is an activity of daily living that determines the well-being of children and families. Sleep's duration, quality and type changes as the child grows and develops. The nurse's intervention involves the creation of strategies to promote sleep habits and routines that can be repeated and implemented by the family at home. However, the evidence on nursing interventions is scattered in the literature. Also, a preliminary search did not identify a scoping review on the topic.

### Objectives

The purpose of this scoping review is to identify and map the existing scientific literature on nursing interventions for the promotion of children's healthy sleep habits in health care settings, by answering the following questions: What are the interventions used by nurses to promote sleep in children? What are the healthy sleep habits in children aged between zero and eighteen years old? Which factors influence the child's healthy sleep?

### Methodology

This scoping review will follow the methodology proposed by the Joanna Briggs Institute, and according to the PRISMA-ScR recommendations. Eligibility criteria will be defined based on population, concept and context (PCC). The scoping review will include studies: whose population are children and adolescents (P); have a focus on nursing interventions promoting healthy sleep in children, which identify sleep habits and describe the factors influencing healthy sleep (C); occur in all care settings (C). Regarding the research strategy the scoping review will be carried out complying with the three-step research strategy, Joanna Briggs Institute. Qualitative, quantitative or mixed studies, literature reviews and grey literature will be included. The search results will be exported to the Mendeley Reference Manager for desktop, through which duplicate records will be identified and removed. After the removal of duplicates, the articles will be analysed by two reviewers. In the event of disagreement, a third reviewer will be used. Data extraction will be carried out using instruments developed by the reviewers for this review.

### Results and Discussion

Results will be presented in tables and discussed in parallel in narrative form, so that it is possible to fit the results obtained with the objectives of the review. The mapping and identification of nursing interventions promoting healthy sleep habits in children in health care settings, healthy sleep habits in children aged zero to eighteen years and the factors influencing children's healthy sleep may constitute an informative tool to support nurses' decision-making and clinical practice, in addition to contributing to the dissemination of the available evidence on the topic.

### Conclusion and Implications

Sleep plays a crucial role during child growth and development. The review resulting from

#### Corresponding Author:

Joana Guarda-Rodrigues

E-mail: [joana.r.rodrigues@escl.pt](mailto:joana.r.rodrigues@escl.pt)



this protocol will make it possible to gather relevant information that will serve as a basis for the selection of nursing interventions for the promotion of healthy sleep habits directed to children and parents.

### Keywords

Sleep; Sleep Hygiene; Child; Adolescent; Nursing; Review.

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