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Examining the Effect of Earplugs, Eye Mask, and Earplugs + Eye Mask on the Sleep Quality in Intensive Care Patients: A Randomised Controlled Trial

ABSTRACT

The study sample consisted of 120 patients hospitalized in the general ICU of a state hospital. The patients were divided into four groups: earplugs, eye mask, earplugs + eye mask and control. Each patient in the relevant group wore earplugs, eye mask and eye mask with earplugs between 22:00 and 06:00 and was allowed to sleep in this way. It was found that earplug, eye mask and earplug + eye mask applications significantly improved the sleep quality of patients hospitalized in ICU, but eye mask application was more effective than other applications in improving sleep quality.

