

P045**A PROSPECTIVE REVIEW OF SLEEP QUALITY IN HOSPITALISED RESPIRATORY INPATIENTS***Guo H¹, O'Driscoll D^{1,2}, Ogeil R^{2,3}, Tse W⁴, Young A^{1,2}*

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Background and Aim: Sleep is an active and restorative state that is vital for maintaining optimal physical and mental health. Hospitalised patients are particularly at risk of poor sleep. We aim to review the sleep quality of respiratory inpatients at a tertiary hospital and to identify modifiable barriers to sleeping well in hospital environments.

Methods: Prospective data were collected from respiratory ward patients at time of discharge by completion of a medical records review and a Sleep Questionnaire created by Working Group Sleep Health Foundation, including patient rating of sleep quality (very poor, poor, fair, good, very good) and sleep disrupting factors. These data were stratified by pertinent environmental, patient and clinical care factors.

Results: Data from 6 patients were analysed; median age was 65 years, 3 (50%) were male and median length of hospital stay was 5 days. Four (67%) patients used sedating medications, 1 (17%) used this for treatment of insomnia. Two (33%) of patients characterised their sleep quality as poor or very poor and 3 (50%) patients described their sleep in hospital as slightly worse or much worse than sleeping at home. The main contributing factors to poor sleep quality were noise, checking of vital signs by hospital staff, medical treatments and medical condition relating to admission (eg. pain, dyspnea). Data collection is ongoing.

Conclusion: A significant proportion of patients experienced poorer sleep quality as a result of their hospital admission, attributable to both extrinsic factors (noise and clinical care) and underlying medical conditions.

P046**MORE TEACHING, LESS SLEEPING: THE IMPACT OF STRESSFUL PERIODS OF THE SCHOOL YEAR ON THE SLEEP OF AUSTRALIAN SCHOOLTEACHERS***Friday M¹, Gupta C¹, Ferguson S¹*

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Introduction: There are approximately 270,00 schoolteachers in Australia and this population experience multiple stressors at work. This can lead to poor sleep quality and quantity and, consequently, adverse outcomes for both schoolteachers and students. While it is well-established that certain periods of the year may lead to increased stress for schoolteachers, the impact of this on sleep is unknown. The current study aimed to investigate the effect of stressful periods of the school year on the sleep of schoolteachers.

Methods: The Pittsburgh Sleep Quality Inventory (PSQI) and questions on stressful school periods (including report writing, standardised testing, school appraisal, and teacher performance) were completed online by 775 Australian primary and secondary schoolteachers (89.1% female, 29.9% 25–34 years). Pearson Chi-square analyses were performed.

Results: Scores on the PSQI indicated that 611 (79.0%) of participants were experiencing poor sleep quality. There were significant

relationships between each of the stressful periods of the year and PSQI score, such that increased stress during periods of report writing ($p < 0.001$), standardised testing ($p < 0.001$), school appraisal ($p < 0.001$), and teacher performance ($p < 0.001$) was associated with poor sleep quality.

Discussion: Australian schoolteachers are at risk of poor sleep quality and quantity, and this is exacerbated by stressful periods of the school year. Given the vital role schoolteachers play in the community, organisations should be mindful of these periods of the year in order to improve the sleep of schoolteachers.

P047**SLEEP AND DIET IN OLDER ADULTS: WHAT DO WE KNOW AND WHAT DO WE NEED TO FIND OUT?***Gupta C¹, Irwin C², Vincent G¹, Khaleesi S³*

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Older adults experience reduced sleep quality and quantity more frequently than younger adults. Inadequate sleep in older adults has been linked to several adverse outcomes such as poor psychological and physical health, cognitive impairments, increased risk of falls, lower quality of life, and greater risk of all-cause and cardiovascular mortality. Diet is one modifiable lifestyle factor that may influence sleep outcomes. The purpose of this review was to synthesise the current literature investigating the impact of diet, including foods and nutrients, on sleep quality and quantity in older adults (defined as >50 years based on age-related changes in sleep quality and quantity that begin age 50). A systematic search of four databases identified 17 articles for inclusion (observational (n=8) and interventional (n=9) studies). Overall, findings suggest that following a Mediterranean diet, consuming milk, fish, bean and egg products, cherries, vitamin D and vitamin E have demonstrated some efficacy in improving sleep outcomes in this population demographic. Given the heterogeneity of the included studies (i.e. aims, methodologies, outcomes assessed), it is difficult to consolidate the available evidence to make specific recommendations. However, this review describes dietary factors that show promise for improving sleep outcomes in older adults. More targeted research exploring the relationship between dietary factors and sleep outcomes in older adults is needed to strengthen the current evidence base. This presentation will provide a much-needed research agenda that includes a need for more randomised control trials that employ rigorous dietary assessments and objective measures of sleep.