

BSc (Hons) Health and Social Care

Module: Introduction to Independent Research Skills (BMHP5019)

Assessment title: Assessment 1 - Research Proposal

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Research Proposal

Topic: Sleep and sleep conditions (NHS workers' sleep conditions)

Sleeping is one of the fundamental processes to help the body work healthily and to keep the cognitive function and the emotional well-being.

After many research and many statistics, come up the NHS workers are one of the categories most affected negatively because for the very long shift which affect badly the health system of the body specially the sleep conditions; these study and research shows how much poor sleep can reduce alertness, impaired decision making, higher the risk of medical errors which can compromise the personal health and the patient safety.

The real problem is when this situation becomes regular, then the health of the workers starts to be affected, and they will face anxiety, burnout, and affect the quality of their lifestyle.

Understanding which ones are the causes and the impact on the NHS workers can help to find a practical solution to support the well-being and improve the patient care outcome.

1) Review question: (What is the impact on the person's life with this problem?)

- How much does working night and sleepless nights affect the health and well-being?
- Sleepless nights increase the chance of accidents or injuries.
- Impact of sleep problem in every daily life.
- Impact of sleep problems on work performance.

Working night shift and poor sleep can affect workers' health and well-being, and specially day routine; sleepless nights can have important negative impact on consequence on the health, safety, and quality of life. As a result of many studies and research, sleepless nights are related to night shift, and this phenomenon increases the chance of falling asleep when the person is driving or during the work shift, or a greater chance of accidents and injuries.

From 16 March 2020 to 1 June 2020, a study was conducted for midwives and nurses working for the NHS to address the real consequences of poor sleep and how much the phenomenon affects the safety at work and driving. All the workers did a questionnaire online, and all the data was collected online, including personal information, work shift, and safety aspects.

As a result of this research, 229 midwives and nurse participate at this study, and 28% of them have a sleep problem. After a night shift, 49% of them fell asleep when they were driving, and 44% of them reported were very close to reporting a car accident.

As a conclusion of this study, the statistical report shows that almost half of the midwives reported daytime sleepiness and a lot of issues related to safety issues related to working and driving. (Westwell *et al.* 2021)

Important to mention that chronic poor sleep can affect badly cognitive processes badly, and one of the most important aspects is how emotions are affected, such as depression and anxiety; also work in row with night shift will increase the chance to get cronich condition, for exemple cardiovascular disorder.

2) Objectives: no reference need(how can we try to resolve the problem ?)*

The primary objectives of this research are to:

1. Sleepness night is a very popular problem for people works fors NHS specially for midwives and nurse which they do at least 3 night shifts per week, and this routine affect always their daily life.
2. Identify the real causes of the poor sleep, for example, could be a long and exhausting shift, which obviously can affect the delivery of the performance in the long terms resoult.
3. Find a pragmatic and simple solution, for example, the hospital can give a nap break every three o 4 hours to train them to take some rest and make them feel they need to take some rest to deliver the best performance and help out the patients.

3) Rationale:

According to the NHS, to improve sleeping problems is fundamental to understand which one are the factors affect the phenomenon the most, how the nhs stuff are impacted by that, and find a solution to improve their life.

One problem affect most of the nhs stuff, speccially the one works night shift, is a sleep problem or poor sleep condition.

Night shift doesn't give enough time to the body for rest, and bad quality of sleep will affect the body's sleep cycle, and also will make it hard to keep focus or concentrate, and will make one feel more stressed.

This problem can have a big impact on workers and on the safety of the patients as well; as a result, many studies have come up with many professional of healtcare works in night experiance at least on time on their life insomnia, tiredness during the day, and burnout.

To help and support NH workers with this problem is very important to understand which are the causes makes this problem even worse. Identifying the problem will help to find the way to create some strategies to support the NHS staff in the best way and to improve their performance with patience as well.

During the COVID-19 pandemic, between 25 -30% of professional healthcare workers reported a problem with insomnia, and the cause was the long shift work and post covid -19 this data are collected in the article “The prevalence of insomnia among the healthcare workers: a post-pandemic COVID-19 analysis. As a result of the research, more than one thousand healthcare workers reported an insomnia problem and problem related with emotions like anxiety and depression; changing the scheduling shift and introducing a mental health support service can improve sleep and well-being for NH workers. (Roncero *et al.*,2025)

4) *Methods:* *

Collecting information from the people works for the NHS is the best way to find out what the real problem is with NHS workers, and it could be very common to use a questionnaire to measure the quality of sleep.

Different Methods:

- Online questionnaires are simple questionnaires where the NHS workers answer simple questions about their sleep condition, tiredness, work shift, and their mental health.

This questionnaire could be a standard questionnaire like the Insomnia Severity Index, which is valid to measure if someone sleeps well and the quality of the sleep as well. (Roncero *et al.*,2025)

-Questionnaires used to see the emotional status, whether there is any presence of depression or anxiety, and how they affect the sleep problem. (Roncero *et al.*,2025)

5) *Ethical considerations: *find reference **

Ethical consideration is a concept which protect all the workers begin part of the research. The researcher must make sure all the workers take part in the research, they agree to participate, their information remains private, and they will be treated with respect.

Informed consent is one of the main points of the article written by Smith Tyler, which sheds light on the importance of understanding the purpose of the study, the risks, and the right to participate in the project. (Smith -Tyler,2007)

References

Westwell, A. *et al.* (2021) 'Sleepiness and safety at work among night shift NHS nurses', *Occupational Medicine*, 71(9). Available at: <https://doi.org/10.1093/occmed/kqab137> (Accessed on 10 March 2026)

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