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Annotated Bibliography

Name:

Topic Area: Health Behaviors

Objective

Increase the percentage of adults who get sufficient sleep- SH-4

Matricciani, L., Bin, Y. S., Lallukka, T., Kronholm, E., Wake, M., Paquet, C., ... & Olds, T.

(2018). Rethinking the sleep-health link. *Sleep Health*, 4(4), 339-348. doi:

10.1016/j.sleh.2018.05.004

Rationale:

The article's goal was to provide knowledge to general public as well as nurses on the importance of sleep to both adults and children. The audience is educated regarding sleep as a multidimensional paradigm and an element of the overall twenty-four-hour event.

Authority:

The author is Lisa Matricciani, B. Psod and MNurs is an adult and child nurse. The author is currently working in the Murdoch children's research institute as a public health nurse and an assistant in Samson Institute, ARENA. This article is a peer-reviewed academic journal.

Date:

This article by Lisa Matricciani, B. Pod, MNurs was published on 11th October 2017 and revised on 12th April 2018, hence an up-to-date article.

Accuracy:

The article is compiled from information from different nursing journals obtained from medical databases such as PubMed. The journal articles are cited throughout the text where necessary

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hence providing evidence. The author has stipulated that there was no conflict of interest hence no bias. There are also no authors' assumptions because all information is factual.

Relevance:

Based on the objectives number SH-4 of the healthy people 2020, it aims to enhance the share of adults who get enough sleep. Therefore, the article will provide individuals with relevant information about the importance of sleep and regarding it as a multidimensional concept and consider it as an element in their daily time spectrum.

Purpose:

The purpose of this information is to present to the public and healthcare professions the position of siesta in social, bodily and psychological well-being to adults and children. All people need to consider sleep as one of their essential activities daily and thus be allocated time. Getting sufficient sleep requires individuals to consider it a multidimensional concept by ensuring all the sleep features are considered daily, such as quality, difference, length, and time.

Conclusions:

Sleep is an essential element in boosting adults' and children well-being. However, public policies and involvements to enhance individuals' sleep are not sufficient. This leads to a need to change from personal sleep appearances and health results to a cohesive sleep method to maintain a healthy lifestyle. Therefore, individuals are required to regard sleep as a multidimensional paradigm and an adjustable element of the twenty-four-hour day event. The author has applied multivariable statistical techniques to deliver vital perceptions in siesta's function and its association with routine danger influences. The realization of such a concept is linked with increased public health.

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