

## **Sleep deprivation and starvation in hospitalised patients: how medical care can harm patients.**

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<https://psnet.ahrq.gov/issue/sleep-deprivation-and-starvation-hospitalised-patients-how-medical-care-can-harm-patients>

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This commentary explores elements of the hospital environment that can contribute to sleep deprivation and [malnutrition](#) in patients, including care complexity, hospital census, poor communication, and [noise](#). The authors advocate for designing more [patient-centered](#) hospital systems to prevent this type of [harm](#).