

Sleep benefits: “I need my sleep...”

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Effects of Sleep Deprivation

- Impaired cognition
- Short-tempered, irritable
- Depression
- Daytime sleepiness
- Lethargy/apathy
- Pain
- Sleep apnea
- Cardiovascular effects



Case Study

Ms. Betty, 87

- Stroke several years ago, left-side weakness, aphasia
- Lived at home with daughter and SIL
- Able to transfer self with min. assist
- Hospital stay d/t fall with ankle injury
- Discharged to SNF—plan was short-stay with therapy & return home

What happened...

- Worked with therapy, initially
- No progress after several weeks
- Discharged from skilled, moved to long-term care
- Decreased appetite, weight loss
- Became weaker, more assist for transfers
- Withdrawn/cranky, refused to come out of room

The problem...



COMPLAINED OF NOT
SLEEPING



DOCTOR ORDERED
HYPNOTIC MEDICATION



STILL NOT SLEEPING

Digging deeper...

- Being woke up throughout the night
 - Incontinence
- Medications
- Long periods in bed—assisted to bed after dinner

What happened next...

- Improved appetite
- Better mood, coming out of room for some activities
- Improved communication
- Working with therapy
- Able to go out with family to church, family functions

Barriers to Sleep

- Excessive noise
- Inappropriate lighting
- Room sharing
- Lack of daytime activities
- Lack of exposure to natural light
- Medications
- Pain
- Excessive time in bed
- Nighttime care routines



Addressing Barriers & Implementing Change

- Review NH routines and policies
- Adopt practices that promote sleep
 - Toileting, nighttime briefs, red-light rounding
- Daytime activities that promote engagement
- Exercise/movement
- Exposure to natural light
- Individualize care

To Summarize...

Sleep is important!!

Lack of sleep leads to poor outcomes—falls, confusion, apathy, depression, weight loss, hypertension, functional decline, and many other problems

Customize care routines to individual needs of residents

Resources

- <https://empira.org/sleep>
- https://journals.lww.com/aswcjournal/fulltext/2022/06000/effect_of_varying_repositioning_frequency_on.4.aspx
- https://link.springer.com/article/10.1186/s12877-021-02189-8?utm_source=chatgpt.com