



REST AND SLEEP

Learning Objectives:

Using knowledge about normal age-related changes to the sleep-wake cycle for older adults, the students will be able to:

1. Identify the causes of sleep disturbances among older adults who live in nursing homes.
2. Assess sleep and rest patterns, quality of sleep, and sleep issues for nursing home residents.
3. Provide nursing interventions to restore sleep quality for nursing home residents.

Student Preparation:

1. Pittsburgh Sleep Quality Index
 - a. Smith, C. (2008). Evaluating sleep quality in older adults-The Pittsburgh Sleep Quality Index. *AJN*, 108(5), 42-50.
 - b. Evaluating Sleep Quality in Older Adults (video).
 - c. Epworth Sleepiness Scale.

The above resources are available at <http://consultgerirn.org/resources>

Student Activities:

1. Identify and evaluate how the sleep and rest needs for residents are assessed in the facility. Review 10 resident care plans and nurses' documentation to determine how rest and sleep needs of residents are met. Propose a set of recommendations for the facility in based on the evaluation.
2. Identify potential environmental issues and staff and organizational routines that could impact rest and sleep for residents.
3. Interview a nurse or nursing assistant on the night shift to determine accommodations they make to the environment so that residents can have a good night sleep. Propose recommendations for the facility in this regard.
4. Conduct a sleep assessment for a resident. What are the findings? Should sleep/rest be addressed as a care issue on the resident's care plan? If so, briefly outline a plan of care.



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For additional *Quick and Easy* tips, visit:

<http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm>