Comfort, Rest and Sleep

What are these things and what affects them?

Environment

• External influences
  • Distance
  • Family
  • General Accessibility

A look at the Internal Environment

• Colors
• Sounds
• Lights and lighting
• Temperature
• Furnishings
  – Bed
  – Linens
  – Other
What happens during sleep & rest

- Emotional
- Physiologic

Sleep

- NREM
  - Non Rapid Eye Movement
  - 4 stages
  - Quiet sleep

- REM
  - Rapid Eye Movement
  - or paradoxical sleep
  - Deepest stage of sleep

How Much Sleep is too much or not enough?

- See Table 18-2 on page 392 (these are general guides)
What Affects Sleep?

- Light
  - Circadian Rhythm
  - Melatonin
- Activity
- Environment
  - Sleep rituals
- Motivation
- Moods or emotions
- Foods etc.
  - L-tryptophan=Hypnotic
  - Alcohol
- Health

- Pharmacology
  - Sedatives
  - Tranquilizers
  - Stimulants
  - Drug tolerance
Sleep Deprivation

- What happens when little or no sleep?
- See Box 17-2 in text on page 340

Assessment

- Questionnaires
- Diaries
- Nocturnal Polysomnography
- Multiple Sleep Latency Test
Disorders

• Insomnia
  – Problem if longer than a month

"No wonder you have insomnia... lying there awake all night."

Disorders

• Hypersomnias
  – Narcolepsy
    • In combination with
      – Sleep paralysis
      – Cataplexy
      – Hypnagogic Hallucinations

Not to confuse with Hypersomnolence i.e. Rip VanWinkle

Disorders

• Sleep Apnea/Hypopnea Syndrome
  – Sudden Death--- R/T hypoxia
Sleep-Wake Disturbances

• Shift Work
• Jet Travel
• SAD-Seasonal Affective Disorder

Parasomnias

• Somnambulism
• Nocturnal Enuresis
• Talking
• Nightmares/Terrors
• Bruxism
• RLS-Restless Leg Syndrome

What does this mean to me the Nurse?

• Personal and Patient Problems
• Nursing Measures
  – Progressive Relaxation
  – Back Massage
Gerontologic Considerations

- Sundown syndrome
- Sunrise syndrome
- Medication effect
- Environment
- Routine
- Disease Processes