

## Normal Sleep and Rest – 2021

### **Basic Human Need**

Lack of sleep unmet health problem  
Consequences of lack of sleep  
Somnology – study of sleep

**Concept of Rest:** state of decreased physical or mental work that leave the individual feeling mentally relaxed, physically calm, free from anxiety. Does not mean inactivity.

During rest:

An awareness of the environment is maintained  
Motor or cognitive response is decreased  
Total body or part of body

### **Factors that promote rest**

Feel like things are under control  
Feel accepted  
Free from worry  
Free from irritation or discomfort  
Environment free from distractions  
Feel safe and will receive help if needed  
Good sleep hygiene habits

**Concept of Sleep:** a state of consciousness / perception and reaction to the environment is decreased

Sleep is characterized by

- Minimal physical activity
- Variable levels of consciousness
- Changes in physiologic process
- Decreased responsiveness to external stimuli

### **Characteristics of Normal Sleep**

Biorhythms – controlled internally. Affected by neurotransmitters & hormones.

Circadian rhythm – 24 hour day. Synchronized with environmental factors (light & darkness).

**REM Sleep**= rapid eye movement

Responsible for mental restoration. Recurs 3-4 times each night

Brain highly active

Characteristics: active dreaming, difficult to arouse, increased brain activity, depressed muscle tone, deep tendon reflexes absent, HR & RR irregular.

### **NREM Sleep**

Protective and restores body physically

Growth hormones released for repair and renewal of epithelial cells

75 – 80% sleep is NREM sleep

Characteristics: brain waves slow, skeletal muscles relax, metabolic rate slows, vital signs decreased

### **Stages of Sleep**

Stage I: drowsy, relaxed, awakens easily, lasts just a few minutes, transition from wakefulness to sleep

Stage II: comprises most of a night of sleep; HR and temp decrease

Stage III: muscles totally relaxed, less easy to awaken, deep sleep, difficult to arouse, rarely moves, physically restored

### **Factors Affecting Sleep**

- Age
- Environment – any change in routine can alter sleep patterns
- Illness
- Lifestyle
- Emotional Stress
- Diet
- Smoking
- Medications

### **Insomnia**

Symptoms include difficulty falling asleep, difficulty staying asleep, waking up too early, or complaints of waking up feeling unrefreshed. Aggravated by

- Stimulants
- Medications
- Irregular sleep schedules

**Narcolepsy**-Sudden wave of overwhelming sleepiness

- “sleep attack”
- Usually short duration
- Very debilitating

### **Sleep Apnea**

Periodic cessation of breathing during sleep caused by obstructed airflow

### **Sleep deprivation**

Prolonged periods of inadequate sleep

A brain that is hungry for sleep will get it

### **Parasomnia**

Abnormal event that occurs during sleep

Night terrors, nightmares, sleepwalking

Eating, driving, doing activities while sleeping

### **Enuresis**

Involuntary urination during sleep

“bedwetting”

### **Bruxism**

Grinding and clenching teeth during sleep

### **Impact of Sleep Dysfunction**

Less energy

Impaired cognitive functioning

Delayed healing and recovery

### **Nursing Process**

Subjective data

Objective data

**Diagnostic Study** - polysomnography

### **Planning and Expected Outcomes**

Plan activities to decrease the need to awaken

Plan treatments and routines to promote rest

Expected Outcome:

- Patient will have six hours or more of uninterrupted sleep each night during hospital stay
- Patient will sleep five hours or more during the night by post-op day 2.

**Interventions to Promote Rest**

Environment temperature

Decreased noise levels

Dimmed lights

Bedtime ritual

Bedtime snack

Sleep medications

Relaxation techniques

Comfort measures

Patient teaching

**Evaluation**

Patient is best one to evaluate

Observe duration of patient's sleep

Observe signs of REM & NREM sleep

Question patient how feels upon awakening

Ask about effectiveness of interventions

If good sleep not achieved, explore why

Change interventions to be more effective