

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 101 - Foundations of Nursing
2021

Rest and Sleep Class Prep 10/21/21

You are responsible for reviewing the Rest and Sleep PowerPoint and Outline as independent learning. There will be approximately 5 questions on your postoperative exams on these topics. For your class prep assignment, after reviewing the PowerPoint/Outline, complete this worksheet and submit electronically to Mrs. Wingate's Dropbox labeled, "Rest and Sleep Class Prep" by 0830 10/21/21.

1. Name 5 Interventions to Promote Sleep Hygiene:

1. Free from worry
2. Free from irritation or discomfort
3. Sense of feeling things are under controlled
4. Environment free from distractions
5. Feeling of safety

2. All of these are factors affect asleep except:

- a. Diet
- b. Age
- c. Sex
- d. Lifestyle
- e. Environment

3. **NREM sleep** occurs at the beginning of sleep, with slow eye movements, and is a transition phase from wakefulness to sleep. During this period, the person can be easily awakened.

4. The nurse is discussing with an older client the factors that affect sleep. What does the nurse teach her?

- a. Drinking a cup of tea at night induces REM sleep.
- b. Using alcohol moderately promotes REM deep sleep
- c. Aging decreases the amount of REM sleep a person experience.
- d. Exercising decreases both REM and NREM sleep.

5. A nursing student is getting ready to change the linen of a patient's bed. The student remembers that in the patient's chart it notes the patient has "enuresis." What would be the appropriate action for the student to take?

- a. Ask another student for assistance; this patient is immobile.
- b. Don on gloves, the patient is bladder incontinent at night.
- c. Wear gloves, the patient is bowel incontinent.
- d. Put on full PPE; the patient is on contact precautions.