

Normal Sleep and Rest – 2022

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