

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

Rest and Sleep Class Prep 10/19/23

You are responsible for reviewing the Rest and Sleep PowerPoint as independent learning. There will be approximately 5 questions on your postoperative exam on these topics. For your class prep assignment, after reviewing the PowerPoint, complete this worksheet and submit it electronically to Mrs. Wingate's Dropbox labeled, "Rest and Sleep Class Prep" by 0830 10/19/23.

1. Name 5 Interventions to Promote Sleep Hygiene:
 - a. **Decreasing noise levels**
 - b. **Encouraging a sleep ritual**
 - c. **Giving a bedtime snack**
 - d. **Teaching relaxation techniques**
 - e. **Administering sleep medications**
2. All of these are factors that affect asleep except:
 - a. Diet
 - b. Age
 - c. **Sex**
 - d. Lifestyle
 - e. Environment
3. **Stage 1 NREM** 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 experiences.**
 - 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.