

**Covenant School of Nursing  
Instructional Module 1 Learning Guide  
Sleep, Sleep Disorders, Nurse Fatigue**

<b>Learning Goals/Outcomes</b>	
<p>Upon completion of this lesson, you will be able to:</p> <ul style="list-style-type: none"> <li>• Assess factors that contribute to sleep, insomnia, and narcolepsy.</li> <li>• Compare and contrast interventions, consequences, and treatment of sleep imbalance.</li> <li>• Formulate appropriate outcomes for sleep, insomnia, and narcolepsy.</li> <li>• Identify the ethical-legal parameters for nursing practice related to nursing fatigue.</li> <li>• Discuss pharmacologic treatments and information about those treatments available for a patient with a sleep disorder.</li> </ul>	
<b>Pre-Class Preparation</b>	
<p>Required:</p> <ul style="list-style-type: none"> <li>• Watch Khan Academy Videos: <ul style="list-style-type: none"> <li>o Sleep Disorders (5 min)</li> <li>o Sleep Stages and Circadian Rhythms (8 min)</li> </ul> </li> <li>• Read Lewis, Medical-Surgical Nursing, <ul style="list-style-type: none"> <li>o Sleep Disorders Chapter 7, Sleep, Sleep Disorders, Sleep Apnea, Insomnia, Narcolepsy</li> </ul> </li> <li>• Read Potter &amp; Perry Fundamentals of Nursing <ul style="list-style-type: none"> <li>o Sleep, Chapter 43 Sleep, Sleep Disorders, Sleep Apnea, Insomnia, Narcolepsy</li> </ul> </li> </ul> <p>Recommended:</p> <ul style="list-style-type: none"> <li>• National Sleep Foundation: <a href="https://sleepfoundation.org/">https://sleepfoundation.org/</a></li> </ul>	
<b>Learning Activities</b>	
<p>Classroom Activities:</p> <ul style="list-style-type: none"> <li>• Lecture PowerPoint</li> <li>• Video Clips</li> </ul> <p>Laboratory/Clinical Activities:</p> <ul style="list-style-type: none"> <li>• Identifying/Recognizing sleep disorders in clinical setting</li> </ul> <p>Out of Class/Computer Assisted Activities:</p> <ul style="list-style-type: none"> <li>• none</li> </ul>	
<b>Evaluation Methods</b>	
<ul style="list-style-type: none"> <li>• Unit Exam</li> <li>• Classroom Participation and discussion</li> </ul>	
<i><b>Texas DECs</b></i>	<i><b>QSEN Competencies</b></i>
<p><b>Knowledge</b> IA 1a-c, 2, 4; IB 1a-3; IIA 1a-b, 2a-b, 3, 4; IIB 1, 2, 4, 5, 6, 7, 8, 9, 11, 12; IIC 1a-b, 2a, 3, 4a-b, 5, 6, 7, 8; IID 1a-d, 2, 3a, 4c, 5a; IIE 1a-b, 2, 3a-b, 4a-b, 5, 6a-b, 7, 8, 9, 10, 11a, 12, 13; IIF 1, 2, 3; IIG 1b, 2a-b, 3a-b; IIIA 1, 2, 3, 4, 5; IIIB, 1 a, b, 2; IIID 1a-c; IVA 4 a-b, 5a; IVC 3, 4a-b, 5; IVF 1, 2 a-d, 3, 4ab; IVG 3 a-c, 4a.</p> <p><b>Clinical Judgments and Behaviors</b> IA 1, 2, 3a-b; IB 2a-b, 3 a-c, 5 a-c, 6 a-c, 7- 9; IC 2, 5; ID 1; IIA 1, 2 a-b, 3; IIB 1, 2, 3a-b, 4-9a; IIC 1-3a, 2, 4-7; IID 1, 2 a; IIE 1, 2 a-c, 4, 5</p>	<p>Evidence-Based Practice Patient-Centered Care Safety Teamwork &amp; Collaboration</p>

a-b, 6 a-c, 10, 11, 12 a, 13; IIF 1a, 2 a, 3 a-b, 4, 5a-b; IIG 1, 5b, 6, 7; IIH 4, 5a, 6a; IIIA2, 3, 4, 5a; IIIB 1, 2, 3a-c, 4, 5, 8, 9; IIID 1, 2, 3; IIIE 1, 3; IVA 1; IVB1a-b, 2, 3c; IVC 1a-c, 2 a-c; IVD 1a-b; IVE 1a-c, 2a-c, 3a, 4.	
<b>IM Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1, 2, 3, 4, 5, 6, 7, 8	<ul style="list-style-type: none"> <li>• Health Promotion and Maintenance <ul style="list-style-type: none"> <li>o Risk factors</li> </ul> </li> <li>• Physiological Integrity <ul style="list-style-type: none"> <li>o Basic Care and Comfort <ul style="list-style-type: none"> <li>▪ Rest &amp; Sleep</li> </ul> </li> </ul> </li> <li>• Physiological Integrity <ul style="list-style-type: none"> <li>o Pharmacological &amp; Parenteral Therapies <ul style="list-style-type: none"> <li>▪ Non-Pharmacological Comfort Intervention</li> </ul> </li> </ul> </li> <li>• Physiological Integrity <ul style="list-style-type: none"> <li>o Physiological Adaptation <ul style="list-style-type: none"> <li>▪ Alterations in Body Systems</li> <li>▪ Illness Management</li> <li>▪ Unexpected Response to Therapies</li> </ul> </li> </ul> </li> <li>• Physiological Integrity <ul style="list-style-type: none"> <li>o Pharmacological &amp; Parenteral Therapies <ul style="list-style-type: none"> <li>▪ Pharmacological Intervention</li> </ul> </li> </ul> </li> </ul>
<b>Concepts</b>	<b>Faculty</b>
Sleep, Safety, Evidence-based Practice	J. Wolfe, MSN, RN, CNE
<b>Date originated: 2/1/2016</b>	<b>Revision Dates: 2/24/16, 7/26/16, 9/29/17,11/17/17, 2/5/18, 10/3/19, 9/1/2020, 1/27/2022</b>