

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

Learning Goals/Outcomes	
Upon completion of this lesson, you will be able to: • Assess factors that contribute to sleep, insomnia, and narcolepsy. • Compare and contrast interventions, consequences, and treatment of sleep imbalance. • Formulate appropriate outcomes for sleep, insomnia, and narcolepsy. • Identify the ethical-legal parameters for nursing practice related to nursing fatigue. • Discuss pharmacologic treatments and information about those treatments available for a patient with a sleep disorder.	
Pre-Class Preparation	
Required: • Watch Khan Academy Videos: - o Sleep Disorders (5 min) - o Sleep Stages and Circadian Rhythms (8 min) • Read Lewis, Medical-Surgical Nursing, - o Sleep Disorders: Sleep, Sleep Disorders, Sleep Apnea, Insomnia, Narcolepsy • Read Potter & Perry Fundamentals of Nursing - o Sleep: Sleep, Sleep Disorders, Sleep Apnea, Insomnia, Narcolepsy Recommended: • National Sleep Foundation: https://sleepfoundation.org/ (General Information on Sleep)	
Learning Activities	
Classroom Activities: • Lecture PowerPoint • Video Clips Laboratory/Clinical Activities: • Identifying/Recognizing sleep disorders in clinical setting Out of Class/Computer Assisted Activities: • none	
Evaluation Methods	
• Unit Exam • Classroom Participation and discussion	
Texas DECs	QSEN Competencies
Knowledge 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. Clinical Judgments and Behaviors 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	Evidence-Based Practice Patient-Centered Care Safety Teamwork & Collaboration

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.	
IM Student Learning Outcomes	NCLEX Test Plan
1, 2, 3, 4, 5, 6, 7, 8	• Health Promotion and Maintenance - o Risk factors • Physiological Integrity - o Basic Care and Comfort ▪ Rest & Sleep • Physiological Integrity - o Pharmacological & Parenteral Therapies ▪ Non-Pharmacological Comfort Intervention • Physiological Integrity - o Physiological Adaptation ▪ Alterations in Body Systems ▪ Illness Management ▪ Unexpected Response to Therapies • Physiological Integrity - o Pharmacological & Parenteral Therapies ▪ Pharmacological Intervention
Concepts	Faculty
Sleep, Safety, Evidence-based Practice	J. Wolfe, MSN, RN, CNE
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