



Nighttime Restorative Care

DID YOU KNOW? Quality sleep is an essential restorative state that allows the body to refresh and repair itself. Promoting quality sleep for incontinent individuals has its challenges since nighttime care usually includes scheduled awakenings for managing incontinence.

This routine “changing” practice can lead to fragmented sleep patterns, daytime drowsiness and disinterest in social and self care activities.

To support individualized care and help restore function, nighttime care practices should be re-examined.

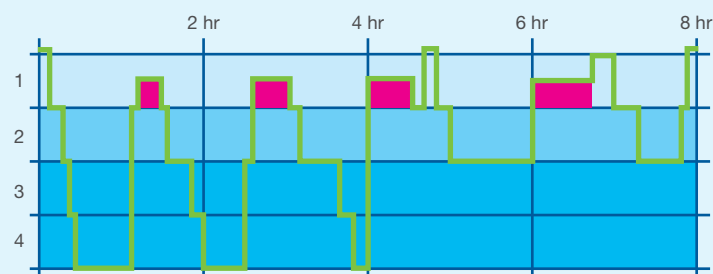
What is Normal? How Much Sleep Do We Need to Feel Good?

- Most adults sleep 7 - 10 hours / night
- Approximately 6 hours is considered the minimum to be able to function normally

Sleep begins with a non-REM period and lasts for about 90 minutes before the REM period begins. There are 4 - 6 cycles per night. These two sleep periods alternate throughout the night with the average complete cycle lasting 1.5 - 2 hours. Quality sleep is characterized by a smooth transition from stage to stage without interruptions, as shown in the chart below.

Adverse effects of fragmented sleep¹:

- Behavioral changes
- Decline in physical endurance
- Listlessness
- Anxiety
- Depression
- Knowledge deficits
- Impaired mobility
- Decrease in physical, emotional, or cognitive status



If an individual is disturbed and fails to complete a full cycle, his body will not just resume where it left off. It must start all over at the beginning again. Necessary deep sleep (4) may not be attained.

Good sleep patterns have a profound restorative function, while lack of sleep can disrupt almost every facet of our lives.

TENA® TIP? Caregivers can promote uninterrupted sleep – without compromising skin integrity, safety, or comfort.



Together we make a difference

For sleep promoting solutions and strategies, see other side.

1. The Dark Side of Incontinence, Journal of American Geriatrics Society, 41: 371-376



Benefits of a Good Night's Sleep – The Positive Ripple Effect

Studies indicate a good night's sleep promotes physical and mental restoration resulting in some or all of the following positive benefits:

- Improved alertness
- More tolerance of physical endurance
- Reduced consumption of pain medication and sedatives
- Improvements to self-feeding skills
- Happier/healthier individuals
- Improvements to appetite
- A more peaceful environment day & night
- A reduction in falls

Strategies to Reduce Disturbance and Improve the Quality of Sleep²

Noise Abatement Programs:

- Staff speaking at reduced volumes
- Reduced room traffic
- Avoiding loud TV/radio volumes
- Reducing volumes of phones in the rooms and on the units

Light Abatement Programs:

- Utilize low wattage table lamps vs. bright overhead lights
- Utilize room-darkening shades

Provide Daytime Stimulation:

- Encourage individual's participation in activities
- Discourage excessive daytime napping

Interdisciplinary Approach:

- Educate all staff about the importance of uninterrupted sleep

Assess Each Individual For Incontinence

Products that help promote nighttime sleep while delivering individualized care

Medication Review:

Ask the Physician or Medical Director to Review the Individual's Medication Profiles and Administration Times

- Review regimens to eliminate/substitute medications that interfere with sleep (antihistamines, theophylline, etc.)
- Diuretics should be scheduled to minimize nighttime voiding
- Pain control is an essential part of sleep enhancement and should be assessed ongoing
- Hypnotics should be used at minimum dosage to help achieve a normal sleep pattern

Three Rs of a Training Program:

- Replace transitional nighttime rounds
 - Restore good sleep patterns in resident
 - Reward everyone for positive involvement
- Continually Monitor, Evaluate, & Revise the Program*

2. Strategies for Improving Residents' Nighttime Sleep, NM Ramen

Take an Interdisciplinary Approach and Involve:

- Nursing Staff
- Resident
- HCA's/PSW's
- Dietary
- Medical Director
- Family Members
- Activities
- Pharmacy

For more information, contact us:
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