
Learning Objectives

MedBridge

Management of Sleep and Rest in Rehabilitation Nursing

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Course Objectives:

- Discuss the normal sleep patterns.
- Describe phases or levels of sleep.
- Define key words including: somnolence, REM, circadian rhythm, insomnia.
- Compare factors that may impact sleep and rest, such as disease states, life cycle, environment, pain, medications.
- Describe sleep and rest assessment including the role of comprehensive sleep studies.
- Discuss promotion of sleep and rest including: bedtime rituals, comfort and relaxation measures, lighting and temperature control, limit sleep interruptions, control noise, medications, and patient education.