
Learning Objectives

MedBridge

Empira Restorative Sleep Series: Sleep Matters

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Course Objectives:

Upon completion of this course, learners will be able to:

- Explain the human sleep-wake etiology
- Contrast sleep deprivation, sleep fragmentation, and restorative sleep
- Link challenging issues facing long-term care to fragmented sleep in residents
- Recognize the value of objective sleep assessments

Chapter 1: Know Better, Do Better

Empira is a consortium of aging services providers who challenge the status quo with the goal to know and do better when serving older adults. This chapter lays the ground work to understand how the Restorative Sleep Program was created using root cause analysis.

Chapter 2: Mabel's Story

As caregivers, we often fail to see the cumulative effects of our well-intended interactions with residents and the impact it ultimately has on quality of life. In this chapter, participants will have a glimpse into a typical 24-hour day in the life of a nursing home resident and begin to see how common nursing home practices disturb sleep.

Chapter 3: The Importance of Sleep

From the words of Florence Nightingale, “it is our job to put the patient in the best condition for nature to act upon him.” One of the most important natural processes in the human body is sleep. This chapter explores how we wake and sleep and why it is so important to get a good night’s sleep for our overall well-being.

Chapter 4: Prove It

Prior to the sleep program, the Empira consortium subjectively measured resident sleep based on observation, self-report from residents, and sleep logs. Empira sought out experts in the sleep industry and discovered there was a more objective way to measure sleep through Actigraphy. This non-invasive method provides essential information on factors affecting sleep quality. This course will provide an overview of Actigraphy. It will also share a summary of the objective sleep data collected in the program and key findings.