

Guidelines for a Good Night's Sleep

We value sleep as a part of quality of life. We recognize that adequate sleep and rest improves coping and functioning. We are committed to facilitating undisturbed sleep for each resident.

1. Exposure to natural light during the day is an asset in setting natural sleep rhythms.
2. Fluid intake will be encouraged during the day but minimized after supper to reduce the need for bathroom trips at night.
3. We encourage midday quiet or a [short] naptime. The best time to nap is directly opposite the main sleep time (around 1 p.m.)
4. Decaffeinated beverages will be available to residents. Caffeinated beverages are discouraged after lunch.
5. Opportunities for wind-down time will be offered as needed in the evening
6. Bedtimes will be individualized as much as possible according to each resident's preference. This preference is recorded in the care plan.
7. A bedtime/midnight snack is available for those who require it or would like it.
8. Noise and light levels between 8 pm and 7 am will be kept to a minimum.
9. Normally residents who are sleeping will be allowed to sleep. Individualized judgements will need to be made regarding the need for toileting, changing or turning for pressure relief.

Source: Susan Slaughter and Marlene Reimer, *In Search of a Good Night's Sleep*, Long Term Care, Vol 10, No. 2, May/June 2000. Published by *Ontario Long Term Care Association* for the Canadian Long Term Care Community.

Which of these guidelines are already part of your facility culture?

Which of these guidelines would you like to see become facility culture?

Is there anything not on the list that would be important to add?
e.g. Standards for safety rounds

What examples would you add to make the meaning clear – e.g. examples of evening wind-down activities

If your facility was to adopt or modify sleep guidelines, what would be your next step?