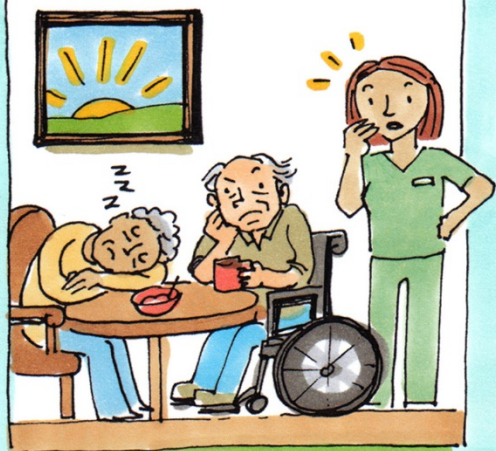


Enhancing Sleep to Improve Mood and Wellbeing

Father Lacombe Care Centre

The Problem :
Residents were **SLEEPY & UNHAPPY**
DURING THE DAY.



CHALLENGES were identified...

How can we keep our residents **SAFE & COMFORTABLE** while supporting sleep at night?



SOLUTIONS were proposed!

We got ready for a small test...

We watched a **WEBINAR** ABOUT GOOD SLEEP HABITS



We engaged **FAMILIES**



We Reviewed **INCONTINENCE PRODUCTS**

To make SURE they were the **RIGHT SIZE**



OUR **PHARMACIST** Reviewed Sleeping pills AND MEDICINE SCHEDULES



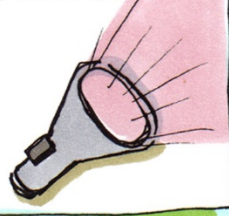
We changed staff duties so **STOCKING** was done on evenings instead of nights



We gained **SUPPORT** from **DOCTORS**



We dimmed flashlights with a **RED FILTER**



The **WOUND NURSE** identified residents who needed **Repositioning**



Enhancing Sleep to Improve Mood and Wellbeing

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