

Dementia! How Important is Sleep?

Quality of Sleep Matters

AHHHH...Sleep is a Gift

Vital for:

1. Cognitive Function
2. Cleansing of toxins within the brain
3. Mood
4. Behavior
5. Balance and Stability



Sleep Disturbances

Contributing Factors

- ☐ Noise
- ☐ Light
- ☐ Sleeping environment
- ☐ Napping
- ☐ Medications
- ☐ Continence needs
- ☐ Pain
- ☐ Positioning needs
- ☐ Inactivity/activity
- ☐ Diet



Symptoms of Sleep Debt



Effects of Sleep Deprivation

Central

- ▶ Cognitive impairment
- ▶ Memory lapses or loss
- ▶ Impaired moral judgement
- ▶ Severe yawning
- ▶ Hallucination
- ▶ Symptoms similar to ADHD



Lymph nodes

- ▶ Poor immune system function



Pancreas

- ▶ Risk of diabetes Type2



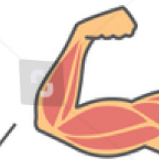
Heart

- ▶ Irregular heart rate
- ▶ Risk of heart disease



Muscular

- ▶ Aches
- ▶ Tremors
- ▶ Decreased reaction



Other

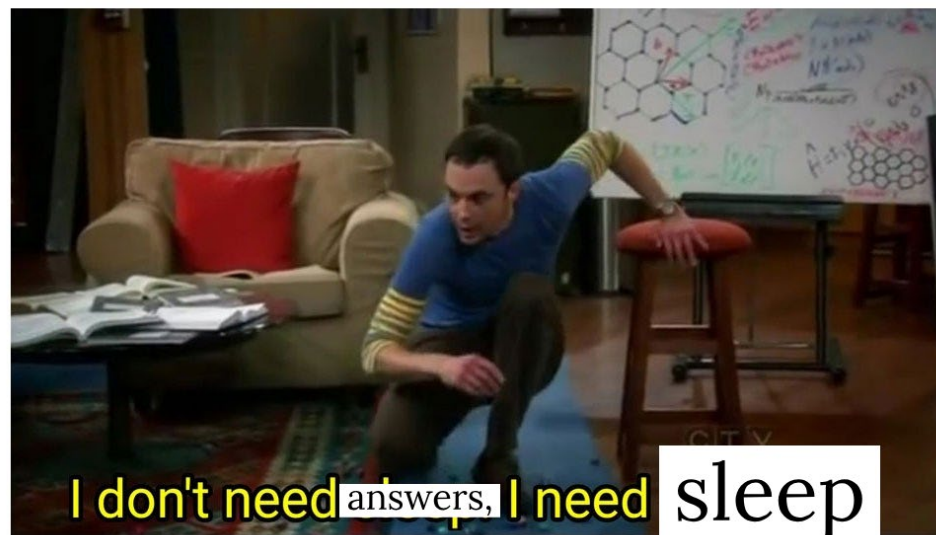
- ▶ Growth suppression
- ▶ Decreased temperature
- ▶ Risk of obesity

Sleep Disturbances

Interventions

- ☐ Reduce Noise
- ☐ Calming Light
- ☐ Sleeping environment
- ☐ Routine
- ☐ Reduction of Medications
- ☐ Timing of Toileting/Dry
- ☐ Let them sleep- Signage
- ☐ Positioning needs
- ☐ Activity during the Day
- ☐ Diet changes or avoidance

Me arguing with my brain
everytime I go to bed at night



Quality of Life



- Survey Residents and Family
- Education of Sleep Vitality
- Signage
- Story Board
- PIP
- Root Cause for individual residents or multiple residents.
- PDSA cycles

ROOT CAUSE ANALYSIS WORKSHEET

Header

TEAM: _____ TEAM LEADER: _____ DATE: _____

PROBLEM STATEMENT: _____

IDENTIFY AND CATEGORIZE THE "MOST LIKELY" CAUSE CANDIDATES FROM THE BRAINSTORMING EXERCISE:

Materials (supplies, medication)	Methods (procedures, process, practices)	Equipment (tools, forms, communication media)	People (education, training, orientation)	Environment (lighting, rooms, hallway, etc.)

Root Causal Factor Identified - (After Applying "Five Why" Technique): _____

Intervention - (Apply PDSA cycle): _____

Footer

DATE TO IMPLEMENT INTERVENTIONS: _____ FOLLOW-UP DATE(S) RESULTS: _____

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Repaying the Sleep Debt



A Dark, Quiet Sleeping Environment



Consistent Bed Times



Avoid Caffeine, Heavy Meals, + Alcohol Late at Night



Banish Electronics from the Bedroom



Keeping Pets Out of the Bedroom if Needed



Exercise During the Day

- What interventions has your home successfully completed or will implement to improve sleep thus quality of life for dementia residents?



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