

Date:

Times:

Educator:

Subject: **Improving Resident Quality of Life: Good Sleep**

Teaching Methods: Lecture, Discussion, Handouts

Lesson Plan

Course Overview:

Provide education to employees on the sleep pattern, breaks in the sleep pattern, interventions to promote good sleep and call to action to promote good sleep.

Teaching Objectives:

1. Educate the staff on the sleep pattern and the physical and mental impact to breaks in the sleep pattern.
2. Educate the staff on interventions to protect sleep.
3. Facility call to action to protect sleep.

Education Guide: (also include in notes)

Presentation is expected to be in an in-person dynamic setting fostering discussion.

Slide	Guide	Suggested Times
Slide 2	Review the objectives linking to the why, what, how and ending with a call to action.	1 minutes
Slide 3	Group discussion on what good sleep means to the audience (link who it impacts employees personally to personalize the work before transitioning to how it impacts the residents.	3-5 minutes
Slide 4	Each participant completes the Sleep Quality Assessment (PSQI) and discuss results.	10 minutes
Slide 5	<p>Discuss facility workflows that contribute to sleep disruptions. Review each section and ask the participants if anything should be added.</p> <p>Discussion Questions:</p> <ul style="list-style-type: none">• Is there anything that should be added?• Based on the day in the life, what is the longest timeframe for uninterrupted sleep?• What are some ways to reduce sleep interruptions?• How do we identify resident previous sleep patterns (worked night shift, etc.)? How can we adjust to allow residents with other sleep pattern preference to get good sleep?	10 minutes

Slide 6:	Discuss the definition of good sleep. Stress that it is a combination of quality and quantity. Getting a total of 7-8 hours of sleep within 24 hours does not have the same physiological effect as a good night (7-8 hours continuous) sleep.	2 minutes
Slide 7:	Review the four stages of sleep. <i>Adjust the discussion based on the audience (clinical verse non-clinical).</i> Each participant expected to have a high-level understanding that there are four stages and when sleep is disrupted a person cannot progress to a sleep pattern that refreshes the mind and body.	2 minutes
Slide 8-9:	Review why good sleep is important. Relate back to the discussion from slide 3-4 of the personal impact. Discussion Question: Do we see these symptoms in our residents?	2 minutes
Slide 10:	Group discussion on who to improve processes so that residents get good sleep.	3 minutes
Slide 11:	Share interventions or best practices that have been implemented in facilities to promote good sleep. Discussion Question: What are the most import for our facility?	3 minutes
Slide 12:	Call to action! What can be implemented to promote good sleep. Complete the call to action worksheet.	10 – 15 minutes
Slide 13:	Reference Slide	