

# 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

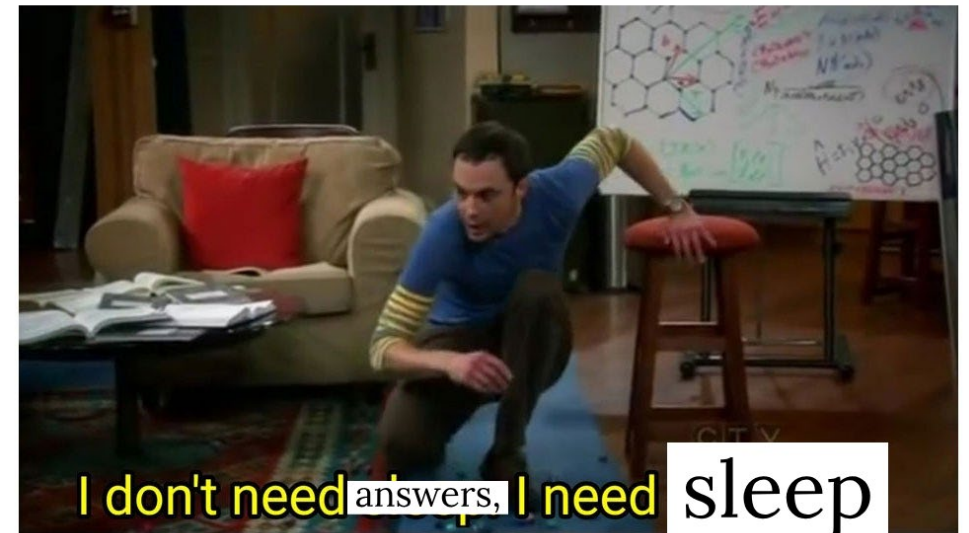
- ▶ Growth suppression
- ▶ Decreased temperature
- ▶ Risk of obesity

# 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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