

Week 4 Concepts: Sleep, Rest, and Pain Management

Sleep and Rest

Prepare: Sleep and Rest

The Importance of Sleep

Sleep is important for the **restoration** of biological processes including tissue renewal.

Parasomnias

Which of the following is true of the group of sleep disorders known as parasomnias? Select all that apply.

More common in children

Occurs when falling asleep, sleeping, or waking up

Abnormal actions while asleep

More common in older adults

Caused by brain injury or trauma

Normal Sleep Pattern

Select the correct characteristics associated with a normal sleep pattern.

Each night of sleep consists of **4 to 6** cycles of sleep.

Each sleep cycle is **90-110 minutes** long.

Each cycle has **three** non-rapid eye movement (NREM) cycle(s) and **one** rapid eye movement (REM) cycle(s).

REM lasts up to **60** minutes during the **last** cycle of sleep.

Self-Check: Understanding Normal Sleep

Why is it important for the nurse to understand the stages and characteristics of normal sleep? Select all that apply.

The quality sleep will be manifested in various symptoms.

The nurse will need to document the client's sleep cycles.

The client will require less sleep while hospitalized.

The quality of sleep impacts client's wellness while awake.

Self-Check: Sleep Characteristics of Adults

The sleep characteristics of adults include which of the following? Select all that apply.

The older adult spends less time in REM sleep

The older adult spends more time in REM sleep

Adults sleep less as age increases

Adults sleep more as age increases

Self-Check: Sleep Characteristics of Adolescents

The sleep characteristics of adolescents include which of the following?

Adolescents normally sleep less than 7 hours a night.

Adolescents require less sleep than adults.

Adolescents experience more REM sleep than school-age children.

Adolescents normally sleep 8-10 hours a night.

Self-Check: Insomnia

Which of the following statement(s) is true regarding insomnia? Select all that apply.

May signal an underlying disorder

The most common sleep disorder