

# SLEEP PROGRAM GUIDELINES

*Adapted from Guildermann's Quality Sleep Program*

## **Purpose:**

To ensure that residents receive a restful sleep experience that maximizes time in REM sleep.

## **Definitions:**

- Yacker Tracker: An electronic device that measure decibels and emits a visual reminder (red light) when decibels reach an unwanted level.

## **Procedure:**

The following section outlines the interdisciplinary team approach to roles and activities for the SLEEP program.

1. Licensed Nursing Staff will collaborate with resident/substitute decision-maker, family and interdisciplinary team to decide if the resident is a candidate for the SLEEP program. Unless excluded, the SLEEP program guidelines will pertain to all residents. Examples of residents that would be excluded from the program include:
  - Physician order for medications or specific turning schedule during noc hours
  - Confusion/Dementia with Night Time Behaviors
  - Residents requiring treatments during the noc hours
2. Residents will not be disturbed during sleep hours of 9 p.m. to 5 a.m. unless they call for assistance or there is an acute situation.
3. Caregivers will not enter rooms to stock, clean, change tubing, clean wheelchairs, etc. between the hours of 9 p.m. and 5 a.m.
4. Components of the SLEEP Program
  - Staff to wear neck lights instead of turning on overhead or overbed lights when entering the room
  - Residents needing briefs will have Overnight Briefs placed at HS
  - A Yacker tracker will be used at the nursing station for a visual reminder to keep volume down
  - Lights in the hallway will be dimmed during hours of 9 p.m. to 5 a.m.
  - Staff will utilize Walkies with Ear pieces for distance communication
  - All residents watching TV between 9 p.m. and 5 a.m. MUST have the TV volume off or wear headphones
  - Staff should carry disposable paper towels to dry their hands if there is a need to wash their hands in the room. Electronic paper dispensers should not be activated.
5. At 8 p.m., the charge nurse will initiate the lavender infuser for one hour. "Spa" Music may be played in the hallway if available. The charge nurse will place the "quiet" sign at the unit entrance and shut the doors to the unit at that time.
6. At 5 a.m. the unit will return to normal operating procedures.