Rest and sleep

Chapter 43
Rest and sleep

- **Rest**: implies calmness, relaxation without emotional stress, and freedom from anxiety.

- **Sleep**: altered state of consciousness in which individual perception of and reaction to the environment are decreased characterized by:
  - Minimal physical activity.
  - Variable level of consciousness.
  - Change in body physiologic process.
  - Decrease responsiveness to external stimuli.
Stage of sleep:

- REM: raped eye movement
- NREM: non raped eye movement

NREM:

- Most sleep during a night NREM sleep.
- It is deep restful.
- Decrease in some physiologic function basically include all metabolic process include vital sign, metabolism, and muscle action slow.
NREM Dived into 4 stages

Stage 1:
- Very light sleep
- The sleeper can be readily awaked.
- This stage last a few mints.

Stage 2:
- body process continuous to slowdown
- last only 10-15 mint but constitutes 40%-45% of total sleep

Stage 3:
- the sleeper become more difficult to arouse
- the skeletal muscles are very relaxed
- snoring may occur

Stage 4:
- signals deep sleep
- The sleeper is very relaxed
- Rarely moved and is difficult to arouse
REM (raped eye movement)

- constituting about 25% of the sleep of young.
- Usually recur every 90 minutes and last 5-30 minutes.
- REM is not restful as NREM.
- Most dream take place during REM and usually remembered.
- Brain highly active and brain metabolism may increase as much as 20%.
- The sleeper may difficult to arouse or may wake spontaneously.
- Muscle tone is depressed.
- Gastric secretion is increased and heart and respiratory rate often are irregular.
**Sleep cycles**

- complete cycle usually lasting about 1.5 hours.
- The usual sleeper last experience for to 6 cycles during 7-10 hours
- The sleeper who is begun in any stage must begin anew stage at stage 1 NREM.

1. NREM stage 1
2. NREM stage 2 (20-30 minutes)
3. NREM stage 3
4. NREM stage 4(last 30 minutes)
5. Back through stage 3 and 2 over about 20 minutes
6. Then the first REM stage lasting 10 minutes
Normal sleep pattern:

- Newborns: 16-18 hrs/day
- Infant: - 12-14 hrs/day, but some infant sleep 22 hrs/day
- Toddlers: 10-12 hrs/day
- Preschooler: 11-12 hrs/day
- School age: 8-12 hrs/day
- Adolescent: 8-10 hrs/day
- Young adult: 7-8 hrs/day
- Middle age adult: 6-8 hrs/day
- Older adult: 6 hrs/day
Factor affecting sleep

- Age
- Illnesses: pain, physical distress, SOB, nasal congestion, gastric duodenal ulcer etc.....
- Environment: lack of ventilation, noisy, presence of unfamiliar stimuli...
- Fatigue: moderate fatigue cause restful sleep.
- Life style night duty or people work with shifts, excessive exercises.
Factor affecting sleep continue...

- emotional stress: depression and anxiety delay sleep
- alcohol and stimulants: excessive amount of alcohol disturbed sleep
- diet: decrease weight reduce total sleep time, increase weight increase time total sleep
- smoking: difficulty falling asleep
- motivation: desired to stay awake
- medication
**Common sleep disorder**

- **insomnia**: inability to obtain adequate amount or quality of sleep.

- **hypersomnia**: excessive sleep particularly in day time: taken with nervous system, liver, kidney disorder and hypothyroidism.
- **narcolepsy**: sudden wave of overwhelming sleepiness (sleep attack) that occur during the day.

- **sleep apnea**: periodic cessation of breathing during sleep.

- **sleep deprivation**: prolonged disturbance in amount, quality of sleep. Not sleep disorder but result of sleep disturbance.
Nursing process:

Assessing:
- sleep history
- Sleep diary
- Physical exam

Nursing diagnoses
- sleep pattern disturbance
- Risk for injury
- Fatigue related to insomnia
- Intolerance activity

Planning:
- maintain sleep pattern that provide sufficient energy for daily activities

Implementation:
- client teaching
- supporting bedtime rituals
- creating restful environment
- promoting comfort and relaxation

Evaluation
Questions