

Assessment of Sleep-wakefulness patterns

- Normal human has “**homeostasis**” (ability to maintain a relative internal constancy)
- Any person may complain of sleep-pattern disturbance as a **primary** problem or **secondary** due to another condition
- **1/4** of clients who seek health care complain of a difficulty related to sleep

Factors affecting length and quality of sleep

1. Anxiety related to the need for meeting a tasks, such as waking at an early hour for work.
2. The promise of pleasurable activity such as starting a vacation.
3. The conditioned patterns of sleeping.
4. Physiologic wake up.
5. Age differences.
6. Physiologic alteration, such as diseases

- **Good sleep depends on the number of awakenings and the total number of sleeping hours**
- **The nurse can assess sleep pattern by doing interview with the client or using special charts or by EEG**

Disorders related to sleep

- 1. Sleep disturbances affects family life, employment, and general social adjustment**
- 2. Feelings of fatigue, irritability and difficulty in concentrating**
- 3. Difficulty in maintaining orientation**

4. Illusions, hallucination (visual & tactile)
5. Decreased psychomotor ability with decreased incentive to work
6. Mild Nystagmus
7. Tremor of hands Increase in gluco-corticoid and adrenergic hormone secretion
9. Increase anxiety with sense of tiredness
10. Insomnia "short end sleeping periods"
11. Sleep apnea "periodic cessation of breathing that occurs during sleep"

- 12. Hypersomnia: "sleeping for excessive periods" the sleep period may be extended to 16-18 hours a day**
- 13. Peri-hypersomnia. "Condition that is described as an increased used for sleep "18-20 hours a day" lasts for only few days**
- 14. Narcolepsy "excessive day time drowsiness or uncontrolled onset of sleep.**
- 15. Cataplexy: abrupt weakness or paralysis of voluntary muscles e.g. arms, legs & face last from half second to 10 minutes, one or twice a year**
- 16. Hypnagogic hallucinations: " Disturbing or frightening dream that occur as client is a falling a sleep**

Assessment of sleep habits

- Let the client record the times of going to sleep and awakening periods, including naps.
- Allow client to described their sleep habits in their own words

You can ask the following questions:

How have you been sleeping?

Can you tell me about your sleeping habits?"

Are you getting enough rest?"

Tell me about your sleep problem"

Good History includes: a general sleep history, psychological history, and a drug history