



# Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders

*Beacon Health a division of HCPro, Cheryl McDaniel RN MSN*

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Sleep, or the lack of it, affects not only a patient's mood and energy level but also the individual's immune system, metabolism, and cardiovascular function. Typically, the sleep cycle of older people is more fragmented than the sleep cycle of younger people. Older people tend to sleep less during the night, are awakened more frequently, take more naps, and sleep more lightly than younger people. Although sleep patterns typically change with age, problems falling or staying asleep, excessive sleeping, and other abnormal sleep-related behaviors in home health patients could be signs of a sleep disorder.

## LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Recognize common sleep disorders, including insomnia, sleep apnea, restless leg syndrome, and narcolepsy
- Identify the signs and symptoms of sleep disorders
- Promote good, healthy sleep habits for patients

## Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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