

An introduction to managing sleep for people with neurological conditions



Use this presentation with the course workbook

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Royal College of
Occupational
Therapists



Specialist Section
Neurological
Practice

Royal College of
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Approved Learning Award

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Learning Outcomes - 1

When you have completed this course you will be able to:

1. Understand the range of normal sleep and the impact of poor sleep, analysing your own sleep pattern as a case study.



Learning Outcomes - 2

2. Use your understanding of the impact of sleep problems on occupational performance for people with neurological conditions in order to identify assessment and intervention methods that will help improve healthy sleep.



Learning Outcomes - 3

3. Evaluate your current and future practice in relation to managing sleep for people with neurological conditions, to improve the quality of your practice and service delivery.



Activity 1 – The importance of sleep

Daily Sleep Diary

Complete the diary each morning ("Day 1" will be your first morning). Don't worry too much about giving exact answers, an estimate will do.

Your Name _____ The date of Day 1 _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Enter the Weekday (Mon, Tues, Wed, etc.)							
1 At what time did you go to bed last night?							
2 After settling down, how long did it take you to fall asleep?							
3 After falling asleep, about how many times did you wake up in the night?							
4 After falling asleep, for how long were you awake during the night in total?							
5 At what time did you finally wake up?							
6 At what time did you get up?							
7 How long did you spend in bed last night (from first getting in, to finally getting up)							
8 How would you rate the quality of your sleep last night?							
1 2 3 4 5							
V. Poor V. Good							



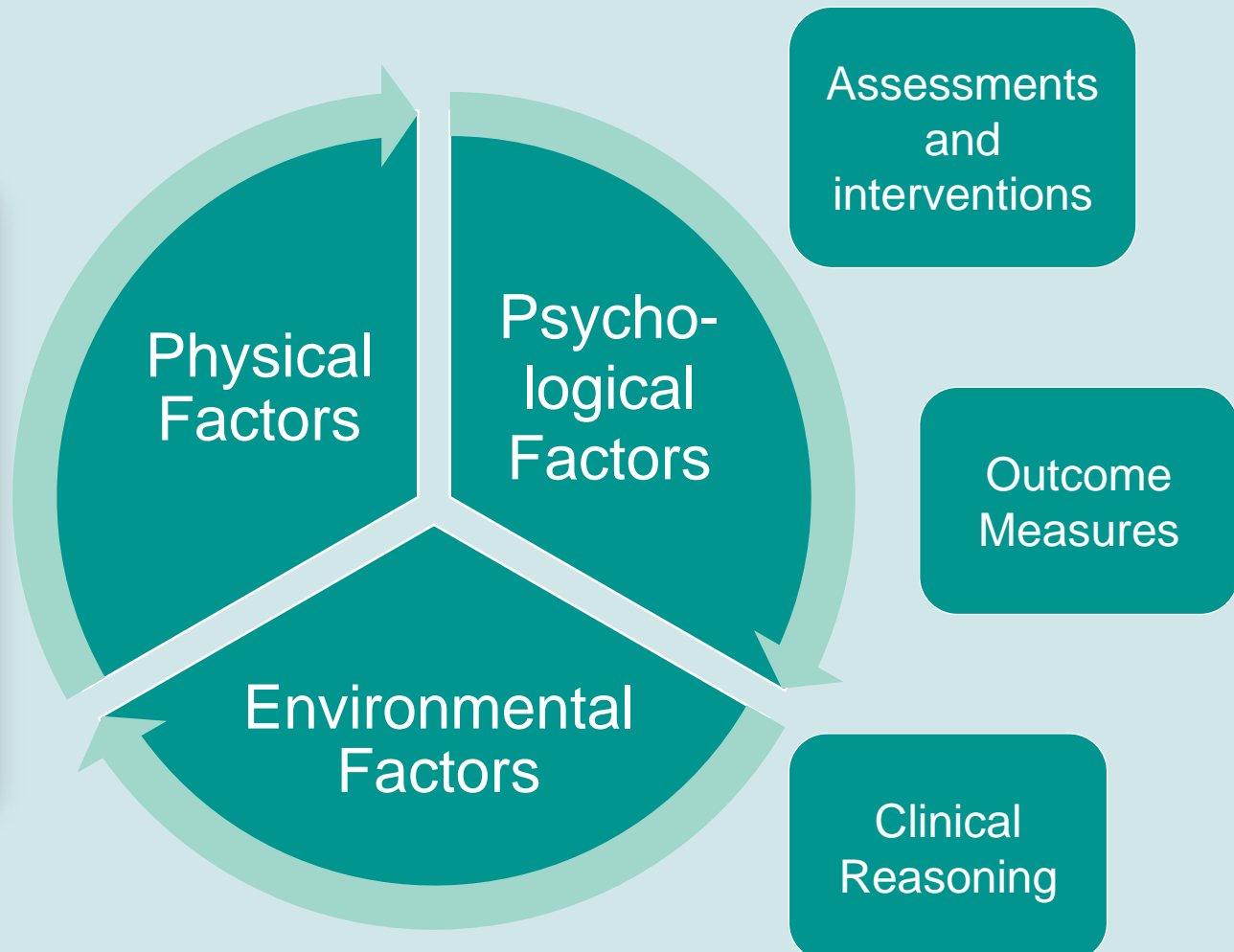
Activity 2 – Common sleep problems for people with neurological conditions

Common sleep problems encountered by people with neurological conditions -

- and their impact on engagement in occupations and daily routine



Activity 3 – Occupational therapy approaches to optimising sleep for people with neurological conditions



Course summary and next steps

Course summary: learning review

Now:

- ▶ Capture your immediate learning points on page 7 of the workbook

Later:

- ▶ Send your feedback on the course to RCOT (page 6 of your workbook)
- ▶ Complete your certificate on page 11 of the workbook
- ▶ In a few days' time, review the workbook Individual Reflection page
 - record areas for change in current practice

AND

- identify further learning activities that you can do