

FUNDAMENTALS OF NURSING

OBJECTIVES

SLEEP

Chapter 28

Mastery of content in this chapter will enable the student to:

- 1 Define the key terms listed.
- 2 Compare the characteristics of rest and sleep.
- 3 Explain the effect the 24-hour sleep-wake cycle has on biological function.
- 4 Discuss mechanisms that regulate sleep.
- 5 Describe the normal stages of sleep.
- 6 Explain the functions of sleep.
- 7 Compare and contrast the characteristics of sleep for different age-groups.
- 8 Identify factors that normally promote and disrupt sleep.
- 9 Discuss characteristics of common sleep disorders.
- 10 Gather a sleep history for a client.
- 11 Describe interventions appropriate in promoting sleep for clients with various sleep disorders.
- 12 Discuss differences in nursing interventions used for clients of different age-groups.
- 13 Develop a teaching plan to improve a client's sleep hygiene.
- 14 Describe ways to evaluate sleep therapies.