12.1: Sleep and Rest Introduction

Learning Objectives

• Assess factors that put patients at risk for problems with sleep
• Identify factors related to sleep/rest across the life span
• Recognize characteristics of sleep deprivation
• Consider the use of nonpharmacological measures to promote sleep and rest
• Identify evidence-based practices

Maslow’s hierarchy of needs indicates sleep as one of our physiological requirements. Getting enough quality sleep at the right times according to our circadian rhythms can protect mental and physical health, safety, and quality of life. Conversely, chronic sleep deficiency increases the risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke, as well as weakening the immune system.¹ This chapter will review the physiology of sleep and common sleep disorders, as well as interventions to promote good sleep.