The Sleep Gap:

The Overlooked Factor Costing Lives Time and Trust In Care

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Who here cares about their sleep?

What about care home residents?

Admission

Chest Infection

UTI

Fall

Lifespan

Admission

UTI

Chest Infection

Fall

Fall

Lifespan

Research - Stats

- Reduced physical function and increased falls risk
- Increased risk of Alzheimer's by up to 33% .
- Increased risk of depression by 21%
- 23% increase in hypertension risk
- 48% increase in coronary heart disease and 15% increase in stroke
- Weight and hydration change
- Reduced Exercise

Impact of Poor Sleep on Physical and Mental Health in Older Women

NREM sleep as a novel protective cognitive reserve factor in the face of Alzheimer's disease pathology

Five hours' sleep a night linked to higher risk of multiple diseases

Poor Sleep Reduces Lifespan by 0.8 Months / Yr

- Sleep duration of five hours or less at age 50+ was associated with **25% increased risk of mortality** over the 25 years of follow-up *
- Across 56,000 over the age of 50 - those without sleep disturbance could live 1.3 years longer over 20 years. **Or 0.8 months extra per year ****

* Five hours' sleep a night linked to higher risk of multiple diseases
** Sleep Duration and Sleep Disturbances as Predictors of Healthy and Chronic Disease–Free Life Expectancy Between Ages 50 and 75: A Pooled Analysis of Three Cohorts

Outcomes

Oaklands Rest Home Outcomes

Quality of Care:

- 76% better sleep
- 67% fewer night-time bedroom falls
- 50% fewer infections
- 7 hours of time saved for staff

Lifespan:

- Mortality rate reduced by 18% (2 deaths per year)
- Length of stay improved by 3 weeks (6% occupancy). Contribution: falls 0.4 wks, infections 0.2 wks, sleep 2.4 wks.

The Lawns Outcomes

Quality of Care:

- 61% better sleep
    - Residents are active and engaged in the day
    - Weight and fluids have improved
    - Infections have reduced
    - Fewer sleep medications and antipsychotics
- 63% fewer night-time bedroom falls (88% high risk, and 33% low risk)
- 6 hours of time released for staff

Wider Impacts of Sleep

*"**With residents more awake in the day, we have also seen gains in food and fluid intake and also improvements in medication adherence.** All residents are now meeting their fluids and weight targets."*

*"**We have seen the quality of sleep for residents improve greatly, improving the quality of their days and life.** Residents no longer sleep in, they are sleeping less in the afternoons, are more engaged in home life, doing more activities, and happier with visitors. We have also found the team is dealing with fewer challenging behaviors, giving them more time."*

✓ Medications

✓ Active, Engaged & Happy

✓ Nutrition & Fluids

✓ Falls & Infections

Case Study - Sleep Impact

Background: *The resident is on time-sensitve Parkinson's medication,*

Initial observations: *The medication had been challenging to administer on time in the morning. Over 6 months the resident had refused 10 doses and having 13 late administrations due to them being asleep or tired in the morning.*

Intervention: *Check less regularly and keep the door shut to promote better sleep*

Outcomes: *over the next 6 months the resident refused 8 doses and no late administrations. The resident is more awake and alert in the morning and during the day*

Outcomes

- Resident more awake, alert and social in the day
- Better medication adherence
- Less night time falls risk
- Greater resilience

How to Invest In Sleep?

Why is hard to invest in sleep?

Knowledge of Impact

Sleep Transparency

Risk (Fear of Safety)

Steps for A Positive Sleep Environment

Knowledge

Transparency & Risk

Educate Care Team

Why is sleep important?
What is expected to change
Change their mindset

Tech to Monitor Sleep & Environment

Understand nighttime environment from a residents perspective

Track residents sleep

Robust notifications of need

Make Changes to Environment

Lights down
Staff must be quiet
Shutting doors
Fix disruptions (e.g. radiator hiss)
Stop regular checks
TV's off

Measure Impact, Integrate Clinically

Why is sleep important?
What is expected to change

"Our goal is that our care home feels like your own home feels at night, quiet and dark. It's a different way of thinking: but once staff see how it works, it's hard to imagine going back."

Case Study - Integrating Sleep Clinically

Background: *Diagnosed with Huntington Disease, experienced disruptive sleep patterns and involuntary movements, leading to significant distress and weight loss. Staff struggled to manage her continuous agitation and felt helpless in alleviating her discomfort.*

Initial observations with Ally: *staff identified bursts of intensive activity around the same times each night.They noticed a correlation between the days events, particularly mealtimes, and night-time restlessness.*

Intervention: *The team involved a dietician and an occupational therapist to explore ways to offer more calories in less volume, aiming for an instant energy boost similar to what athletes might need. Despite the counterintuitive approach, the goal was to address her insatiable appetite*

Case Study - Integrating Sleep Clinically

Outcomes:

- ***Fewer Interactions Recorded:*** *The number of times staff needed to intervene decreased.*
- ***Shorter Periods of Restlessness:*** *The duration of restlessness episodes was reduced.*
- ***Longer Periods of Rest:*** *Female A experienced longer periods of uninterrupted sleep.*
- ***Weight Gain:*** *There was a noticeable and important increase in her weight.*

Summary

Sleep is not a luxury it is essential for Recovery

- *Better sleep means residents live healthier, happier, more active and engaged lives for longer*
- *Oaklands Increased Residents Lifespan and Length of Stay can be Increased by 3 weeks and mortality rates down by 18%.*
- *Invest in sleep training and tracking*
- *Embed sleep assessments in care plan reviews*

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