

Section 4: Summary

Health care professionals should work to identify those individuals who may be suffering from sleep deprivation. When attempting to identify individuals suffering from sleep deprivation, health care professionals should differentiate patient details that may be relevant to the possible presence of sleep deprivation, observe patients and patient symptoms, ask relevant questions, work to recognize the presence of conditions/complications typically associated with sleep deprivation, effectively document patient information, and address any questions and/or concerns patients may have. Health care professionals should note that, often, one of the main goals of identifying individuals suffering from sleep deprivation is to facilitate the administration of safe and effective health care.

Section 4: Key Concepts

- Health care professionals should work to identify those individuals who may be suffering from sleep deprivation.
- When attempting to identify individuals suffering from sleep deprivation, health care professionals should differentiate patient details that may be relevant to the possible presence of sleep deprivation, observe patients and patient symptoms, ask relevant questions, work to recognize the presence of conditions/complications typically associated with sleep deprivation, effectively document patient information, and address any questions and/or concerns patients may have.
- One of the main goals of identifying individuals suffering from sleep deprivation is to facilitate the administration of safe and effective health care.

Section 4: Key Terms

Medication reconciliation - the process of comparing the medications a patient is taking (and should be taking) with newly ordered medications

Sentinel event - an unanticipated event in a health care setting that results in death or serious physical or psychological injury to a patient(s), not related to the natural course of the patient's illness

Section 4: Personal Reflection Question

Why is it important for health care professionals to recognize relevant patient details when attempting to identify individuals potentially suffering from sleep deprivation?

Conclusion

Sleep deprivation may refer to a lack of sufficient sleep. The potential symptoms of sleep deprivation include: drowsiness, feeling tired or "sleepy" during the day (especially while performing quiet activities, like reading), mood changes (e.g., depressed mood), irritability, an inability to concentrate, difficulty learning new concepts, impaired memory, forgetfulness, reduced physical strength, diminished ability to fight off infections, and weight gain.

Sleep deprivation can be detrimental to overall health and well-being, and it has been associated with the following complications: impaired function, cognitive impairment, psychosis, obesity, hypertension, cardiovascular disease, diabetes, depression and anxiety, substance abuse, and ineffective breastfeeding. Thus, health care professionals should work to prevent and treat sleep deprivation in applicable patient populations. Health care professionals can work to prevent sleep deprivation by providing patients with counseling centered around sleep hygiene.

In addition to prevention, it is also important for health care professionals to possess insight into sleep deprivation-related treatment options. Sleep deprivation-related treatment may include both non-pharmacological and pharmacological options. Health care professionals should note that, often, the non-pharmacological and pharmacological treatment options used to address and manage sleep deprivation focus on the underlying causes of sleep deprivation, such as sleep disorders. Non-pharmacological sleep deprivation-related treatment options may include: nutrition, physical activity, psychotherapy, cognitive behavioral therapy, stimulus control therapy, relaxation therapy, and CPAP devices. Pharmacological sleep deprivation-related treatment options may include the following medications: Ambien, Lunesta, Rozerem, Sonata, Restoril, Ativan, Xanax, Valium, Requip, Mirapex, trazodone, and mirtazapine.

Finally, health care professionals should work to identify those individuals who may be suffering from sleep deprivation in order to facilitate the administration of safe and effective health care.

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