

## *Benefits of Sleep*

- Sleep reduces stress
- Sleep boosts memory
- Sleep reduces inflammation
- Sleep helps the body make repairs
- Sleep helps with weight management
- Sleep keeps your heart healthy
- Sleep reduces the risk of depression

“Sleep is that golden chain that binds health and our bodies together.”

- Thomas Dekker



Our community has been chosen to participate in this exciting new research study on improving the quality of our residents' sleep.

We will be drawing on the latest research on sleep and the best practices around improving sleep in a care community.

We invite you to consider uninterrupted sleep for yourself or your loved one as a way of improving all around well-being.



## **Restorative Sleep Vitality Program Pilot**

**This pilot project is made possible through a grant from the Colorado Innovation Grant Board**

***In this Pilot Program we will:***

Reduce disturbances during sleep times and increase awake activities for our residents.

Encourage good exposure to light and sun during the day and darkness at night to maximize the natural circadian rhythm that enhances sleep.

Keep napping times to a healthy duration to avoid excess napping that will disturb sleep times.

With the residents' physicians, review and perhaps change medications or administration times to assist with improved sleep and wake times.



Utilizing the latest technology, we will employ “Actiwatches” to monitor and assess sleep patterns and quality. These non-invasive devices, will be worn for a period up to a week. Results will be shared with the Resident’s physician to provide data for determining quality of sleep.

**For more information please contact:**

**Project Manager Name:**

**Contact Information:**

*Our nursing home is in the forefront of recognizing that good sleep hygiene is one of the most important gifts we can give our residents. Sleep is not just a state we fall into, but a necessary and vital part of keeping us healthy. It is during the deepest stages of our sleep that healing takes place.*

Some accredited websites on Importance of Sleep:

[www.nhlbi.nih.gov/health/health-topics/topics/sdd/why](http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why)

[www.apa.org/topics/sleep/why.aspx](http://www.apa.org/topics/sleep/why.aspx)