

## **A multidimensional non-drug intervention reduced daytime sleep in nursing home residents with sleep problems**

Abstract of: Alessi CA, Martin JL, Webber AP, *et al.* Randomized, controlled trial of a nonpharmacological intervention to improve abnormal sleep/wake patterns in nursing home residents. *J Am Geriatr Soc* 2005;**53**:803–10.

### **Further details about the multidimensional, non-drug intervention given to nursing home residents with sleep problems**

<b>TIME PERIOD</b>	<b>INTERVENTION</b>
8 am to 8 pm	<ul style="list-style-type: none"><li>• Residents encouraged to remain out of bed</li><li>• Residents received ≥30 minutes of sunlight exposure (≥10 000 lux) in a comfortable outdoor location, usually in the morning</li><li>• Residents participated in a low level physical activity programme (Functional Incidence Training), which increases physical strength and endurance in frail nursing home residents</li></ul>
8 pm to 10 pm	<ul style="list-style-type: none"><li>• Residents had a bedtime routine that included personal care, lights out, and reduced source of noise</li></ul>
10 pm to 6 am	<ul style="list-style-type: none"><li>• Efforts were made to minimize noise in the hallways and residents' rooms</li><li>• Residents received usual night time nursing personal care (toileting or diaper changing, and turning), which</li></ul>

	<p>was timed to coincide with awake periods.</p> <ul style="list-style-type: none"><li>• Intervention staff made hourly rounds to see whether residents were asleep or awake, and if awake, to check whether they needed nursing care</li><li>• If participants were asleep on 3 consecutive rounds, they were awakened to receive care on the 4<sup>th</sup> round.</li></ul>
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