

“LET THEM SLEEP” SLEEP DECISION TREE

Does the resident have one or more of the following:

- History of pressure areas or currently has a pressure ulcer(s)
- 1 or more Braden scale sub-scores:
 - Sensory perception scored 3 or lower (inability to feel pain, therefore may lay longer in one position)
 - Moisture scored 3 or lower
 - Activity scored 3 or lower
 - Mobility scored 2 or lower
 - Nutrition scored 2 or lower
 - Friction and shear scored 2 or lower
- Medical device, tubing or catheter

No

Yes

Does the resident must meet all criteria:

- Resident preference to sleep undisturbed
- Low Air-loss or high dense foam
- Resident observed for ability to self-reposition (either visual and/or with technology)
- Continent or wears extended wear briefs at noc

Yes

No

Reposition program progress of:

- Allow consolidated sleep 4 hours
- Check skin for 3 days, if no redness then allow to sleep for a longer period
- Advance undisturbed throughout night with doorway checks only

Provide the following interventions as needed based on resident’s individual needs:

- Low Air-loss mattress
- Heel lift
- Use of friction reducing mattress covers and proper lifting/turning devices to minimize shear and friction
- Dietary referral
- Ensure resident is not laying on medical device, tubing or catheter
- Extended wear brief without leakage
- Reposition program progress of:
 - Q2 hour reposition... check skin for 3 days then advance to
 - Q3 hour reposition... check skin for 3 days then advance to
 - Q4 hour reposition... check skin for 3 days then advance to
 - Q5 hour reposition... check skin for 3 days then advance to
 - Allow to sleep undisturbed throughout the night with doorway safety checks

General Guidelines for Sleep Hygiene:

- To protect sleep during repositioning; use turning sheets or technique that is least disruptive to sleep
- Use amber light or hug lights during repositioning
- For incontinence – individualize care
- Check and change brief ONLY as necessary
- Use overnight briefs to allow minimal disturbance during repositioning

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