Sleep Pattern Disturbance

Sleep pattern disturbance is the state in which an individual experiences a disruption of sleep time that causes discomfort or interferes with desired lifestyle.

General information about sleep

A. The average adult requires between six and nine hours of sleep per night although the amount of sleep required varies per individual.
B. People also vary according to the time of day that sleep is needed.
C. Sleep occurs in cycles of a light sleep to a very deep sleep, lasting about 70-100 minutes per cycle.

Signs and symptoms of sleep pattern disturbance

D. Difficulty falling asleep or remaining asleep.
E. Awakening earlier than desired.
F. Dozing during the day.
G. Agitation, irritability.
H. Lethargy, listlessness.
I. Fatigue.
J. Difficulty concentrating.
K. Disorientation.
L. Physical signs, i.e., dark circles under eyes, yawning, slurred speech.

Possible causes

M. Decreased physical activity.
N. Fear, anxiety, stress, depression.
O. Inability to assume usual sleep positions.
P. Unfamiliar environment.
Q. Frequent interruptions.
R. Medications.
S. Illnesses.
T. Hyperactivity.
U. Pain.
Measures to improve sleep

V. Follow an evening ritual.
W. Establish a regular bed time.
X. Engage in relaxing activities such as warm baths, backrubs, soft music, etc.
Y. Use relaxation techniques.
Z. Eliminate excess noise in the room.
AA. Have adequate heat and blankets for warmth.
BB. Create a dark, quiet environment, and reduce distractions.
CC. Take pain medication as needed.
DD. Avoid afternoon naps.
EE. Avoid caffeine, i.e., coffee, tea, chocolate, cola.
FF. Avoid spicy foods.
GG. Avoid eating before bed time.
HH. Avoid sleeping medications unless absolutely necessary.
II. Avoid worrying about not sleeping.
II. Go to bed only when sleepy.
JJ. Exercise regularly.
KK. Keep follow-up appointments with physician.

Resources available

LL. Sleep clinics.
MM. Counseling.