

**Supporting Evidence for Implementation # 1:**

What is occupational therapy's role in addressing sleep problems among older adults?

**APA Reference:**

Leland, N. E., Marcione, N., Schepens, S. L., Kelkar, K., Fogelberg, D. (2014)

What is occupational therapy's role in addressing sleep problems among older adults? *OTJR: Occupation, Participation and Health*, 34(3), 141-149.  
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**Level of Evidence:**

Level I: Systematic Review

**Summary:**

The article summarizes the effects of sleep difficulties of older adults. The results of sleep deprivation on this population may lead to secondary deficits such as social isolation, overall decline of function, increased risk of falls, impaired cognitive function, and increased morbidity and mortality (Leland et al., 2014, p. 142). Due to the expansive impact of sleep on overall health, occupational therapists have declared sleep as an activity of daily life (ADL) to formulate strategies and interventions to improve function. Study results found four interventions relating to sleep which are to ensure a sleep conducive environment, addressing evening routines relating to sleep, and modifying daily routines to incorporate appropriate activity participation (Leland et al., 2014, p. 147). Each intervention found was

used to promote sleep hygiene and observe the effects on physical activity, and engagement in activity. All interventions fell into various occupational therapy frames of reference (OTPF) domains including: Performance patterns and context and environment (Leland et al., 2014, p. 146)

Our session protocol related to the article to enhance sleep hygiene including resources and methods to adopt a healthier sleep routine. Specifically the use of environmental aides such as a white noise machines and a discussion over dim lighting portrayed a similar focus as the article in promoting a sleep conducive environment (Leland et al., 2014) . Session details also incorporated instruction on behavioral elements pertaining to sleep as well such as using the bedroom only for sleep and sexual activity, prevention of insomnia by not exercising too close to bedtime, and also educating members of the effects of oversleeping and its similar effects as undersleeping. Lastly relating to the article, the session protocol was demonstrative on the importance of physical activity during the day and its inherent and evidence based results in reducing stress and promoting sleep.