



# Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders

*Beacon Health a division of HCPro, Cheryl McDaniel RN MSN*

[Download now](#)

[Read Online](#) 

# Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders

*Beacon Health a division of HCPro, Cheryl McDaniel RN MSN*

**Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders** Beacon Health a division of HCPro, Cheryl McDaniel RN MSN

Sleep, or the lack of it, affects not only a patient's mood and energy level but also the individual's immune system, metabolism, and cardiovascular function. Typically, the sleep cycle of older people is more fragmented than the sleep cycle of younger people. Older people tend to sleep less during the night, are awakened more frequently, take more naps, and sleep more lightly than younger people. Although sleep patterns typically change with age, problems falling or staying asleep, excessive sleeping, and other abnormal sleep-related behaviors in home health patients could be signs of a sleep disorder.

## LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Recognize common sleep disorders, including insomnia, sleep apnea, restless leg syndrome, and narcolepsy
- Identify the signs and symptoms of sleep disorders
- Promote good, healthy sleep habits for patients

## Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

 [Download Home Health Aide On-the-Go In-service Lessons: Vol. 12, ...pdf](#)

 [Read Online Home Health Aide On-the-Go In-service Lessons: Vol. 1 ...pdf](#)

**Download and Read Free Online Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders** Beacon Health a division of HCPro, Cheryl McDaniel RN MSN

**Download and Read Free Online Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders Beacon Health a division of HCPro, Cheryl McDaniel RN MSN**

---

**From reader reviews:**

**Byron Sierra:**

Do you have favorite book? For those who have, what is your favorite's book? Publication is very important thing for us to learn everything in the world. Each book has different aim or goal; it means that reserve has different type. Some people truly feel enjoy to spend their the perfect time to read a book. These are reading whatever they acquire because their hobby is reading a book. Consider the person who don't like reading a book? Sometime, particular person feel need book after they found difficult problem or exercise. Well, probably you should have this Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders.

**David Ruby:**

The book untitled Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders contain a lot of information on the idea. The writer explains your ex idea with easy means. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read the item. The book was compiled by famous author. The author will take you in the new period of literary works. It is possible to read this book because you can read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice examine.

**William Marsh:**

As we know that book is very important thing to add our knowledge for everything. By a book we can know everything we would like. A book is a pair of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This e-book Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders was filled in relation to science. Spend your spare time to add your knowledge about your scientific research competence. Some people has various feel when they reading any book. If you know how big advantage of a book, you can truly feel enjoy to read a publication. In the modern era like right now, many ways to get book that you just wanted.

**Frances McKay:**

Do you like reading a e-book? Confuse to looking for your selected book? Or your book has been rare? Why so many question for the book? But just about any people feel that they enjoy intended for reading. Some people likes examining, not only science book and also novel and Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders as well as others sources were given expertise for you. After you know how the fantastic a book, you feel wish to read more and more. Science e-book was created for teacher or students especially. Those publications are helping them to include their knowledge. In various other case, beside science reserve, any other book likes Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders to make your spare time considerably more colorful. Many types of book like this.

**Download and Read Online Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders Beacon Health a division of HCPro, Cheryl McDaniel RN MSN #C067Z23U1SM**

## **Read Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN for online ebook**

Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN books to read online.

### **Online Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN ebook PDF download**

**Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN Doc**

**Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN Mobipocket**

**Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN EPub**

**Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN Ebook online**

**Home Health Aide On-the-Go In-service Lessons: Vol. 12, Issue 11: Sleep Disorders by Beacon Health a division of HCPro, Cheryl McDaniel RN MSN Ebook PDF**