Sleep: Its Impact On Health

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Objectives:
1. Recognize the impact that sleep deprivation has on the health and wellness of typical adults as it relates to occupational performance.
2. Define occupational therapy’s role in facilitating sleep participation.
3. Report 3 effective interventions useful in occupational therapy practice that facilitates engagement in sleep participation.

PICO:
What interventions within the occupational therapy (OT) scope of practice facilitate sleep participation among typical adults?

Methods:
- Databases utilized: Scopus (87), CINAHL (937), PubMed (935), Total: 1959
- Search terms
  - P: Adults
  - I: Mindfulness, Mind-body techniques, Meditation, Progressive muscle relaxation, Yoga, Tai-Chi, Guided imagery, Biofeedback, Room temperature, White noise, Lighting, Environmental adaptations, Positioning, Stress management, Routines, Habits, Meaningful occupations, Pain management, Fatigue management, Cognitive restructuring techniques, Behavioral interventions, Breathing techniques, Auditory stimuli, Meditation management, Health management, Health maintenance
  - O: Sleep participation, Meaningful sleep, Sleep engagement, Sustaining sleep, Sleep maintenance, Rest participation, Rest, Restful sleep, Adequate sleep, Optimal sleep, Quality of sleep, Sleep hygiene, Sleep
- The PRISMA diagram was used; 12 out of 1959 articles were utilized for the systematic review based on inclusion and exclusion criteria. Articles were critically appraised using Law and MacDermid (2014) quantitative review form.

Results:

<table>
<thead>
<tr>
<th>Theme</th>
<th>Physical Exercise (n=4)</th>
<th>Auditory Stimuli (n=2)</th>
<th>Wellness Programs (n=2)</th>
<th>Sleeping Materials (n=2)</th>
<th>Lighting (n=2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interventions</td>
<td>Pilates</td>
<td>Sedative, Relaxing/Classical Music</td>
<td>Internet based self-help program</td>
<td>Mattress properties</td>
<td>Repeated exposure to bright light</td>
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<td></td>
<td>Taijiquan</td>
<td></td>
<td>Worksite wellness program</td>
<td>Clothing Materials</td>
<td>Half blue light exposure</td>
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<td></td>
<td>Yoga</td>
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<td>Qigong</td>
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<tr>
<td>Level of Evidence</td>
<td>Strong</td>
<td>Strong</td>
<td>Moderate</td>
<td>Insufficient</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

Implications:
- Education: Contribute to educational practices by means of reinforcing current educational content and encouraging attainment of continuing education credits.
- Research: Utilizing diverse populations and long term follow-up studies, applying valid and reliable measures and implementing randomization methods within future studies.
- Practitioners: Contribute to clinical practice and offer evidence-based practices in order to promote health and wellness by facilitating quality sleep engagement among typical adults.
References


