



## Sleep Deprivation

### Sleep Deprivation is Dangerous

Sleep deprivation can severely affect the health and well-being of an older person. Many elderly people suffer from insomnia and other sleep disorders. When combined with other issues associated with aging, Alzheimer's and dementia, lack of sleep puts the individual at very high risk for a variety of health issues:

- A higher incidence of falls and accidents
- A compromised immune system, decreasing resistance to infections. A recent study at San Diego's Veteran Medical Center found that reducing nightly normal sleep time by half decreases the activity of T-cells, the cells that destroy bacteria, viruses and tumor cells (*Great Body After 50*, Mary DeSalniers).
- Stress, depression and other behavioral issues, such as confusion, memory loss, irritability or emotional highs and lows. Sleep loss may also trigger other psychiatric disorders (National Sleep Foundation).

### How Does QuietCare Help?

QuietCare recognizes and reports normal, healthy behaviors—and significant changes—during the times the senior is alone in their residence. When there are changes in behavior that indicate potential health problems or dangerous situations, QuietCare alerts caregivers so that they can provide appropriate medical attention. QuietCare is able to objectively track the senior's activity and sleep patterns, providing caregivers with much needed insight. QuietCare is a major step forward in proactive care, helping seniors to enjoy a higher quality of life, maintaining their dignity and privacy without compromising safety.

- **Night-Time Activity:** QuietCare identifies the amount of activity in the person's apartment during the normal sleep/rest period. With the Night Motion feature and the night activity chart, caregivers are alerted that the senior has gotten out of bed and that they should check on them immediately. This valuable information enables us to intervene and correct problems earlier.
- **Bathroom Visits:** An increase in night-time bathroom visits shows how often and how long the person is spending in the bathroom when they should be sleeping. Frequent night-time bathroom visits may be indicative of a health problem or illness that should be addressed immediately.
- **Meal Preparation:** QuietCare monitors refrigerator usage as an indicator of meal preparation patterns. Sometimes the physician may recommend reducing fluids prior to bedtime or have an evening snack to facilitate sleep. We can see if the senior is in compliance with the care plan.
- **Medication:** Forgetting to take medication at the right times and medication sensitivity are common problems among seniors and may be factors in sleeplessness. QuietCare monitors the person's medication area so that caregivers can check that medications are being taken at the appropriate times.
- **Overall Activity Level:** QuietCare's tracking can establish the person's sleep/rest pattern over a 24-hour period. Caregivers can proactively respond to deviations in the normal sleep pattern and encourage changes in waking time, increased activity or naps if necessary. QuietCare enables the scheduling of services and visits at times appropriate to the individual's body clock, to not interfere with their much needed sleep.
- **Wander (Night Movement and Night Exit):** QuietCare monitors movement through the front door. If not by a caregiver, the senior is awake and has left the apartment.

**QuietCare also alerts caregivers to emergency situations that can affect the senior**, such as a bathroom fall, no morning bedroom exit, dangerously low/high room temperatures or a high fall risk resident getting out of bed without assistance.