

Here are some things to try if a resident has trouble with....

**Getting comfortable**

- Ask how you can help them get settled.
- Consider if the resident is experiencing pain, keeping in mind that a resident cannot always express pain or discomfort verbally.
- Encourage their loved ones to bring a favorite pillow or comfort item from home.
- Consider pajama and bedding preferences.

**Falling asleep at night**

- Ask if anything is keeping them from sleeping.
- Offer to reduce resident room lighting according to their preferences (examples: turn off TV, close curtains, and close doors).
- Offer a relaxing beverage, such as warm milk or herbal tea.
- Offer an alternative calming activity, white noise, or soft, soothing music.
- Offer gentle touch, such as a hand or back massage.

**Waking up in the middle of the night**

- Ask why they woke up and what they need.
- Help the resident feel safe.
- Use a flashlight or indirect lights instead of overhead lights.
- Consider the volume of TV/music/noise from neighbors.
- Keep your voice at a low volume.



Developing a Restful Environment Action Manual

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**Boredom**

- Ask about hobbies and favorite activities.
- Offer them a book or magazine, or offer to turn on music they enjoy.
- Ask if there is anyone they want to talk to or about, or what they are thinking about.
- Support the resident to safely go outside or find a comfortable place near a window.
- Offer regular exercise and activities that the resident enjoys.

**Napping too much and/or daytime drowsiness**

- Ask if they would like to do an activity instead of napping.
- Report an increase in daytime drowsiness, snoring, or leg movement to the interdisciplinary team.
- Offer to open curtains and increase exposure to sunlight.
- Create a schedule with the resident to avoid long naps or napping late in the day.

Here are some things to try tomorrow....

- Encourage the resident to minimize exercise and coffee in the late afternoon.
- Encourage drinking fluids earlier in the day. Avoid drinking large amounts of fluids two hours before preferred bedtime.
- Toilet before bedtime and/or use more absorbent incontinence products at night, according to resident preferences and needs.
- Cluster care (medications/dressings/repositioning) to wake the resident less often.

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