

Overview of Sleep

Introduction

The nurse should understand the concepts of sleep to promote adequate rest and sleep for patients. Rest and sleep are basic human needs. Concentration, memory, healing, and decision-making are a few functions that become impaired when a person does not get enough sleep. Sleep is regulated by the central nervous system and is a naturally occurring altered state of consciousness. Sleep-wake cycles each have physiologic characteristics and are influenced by a variety of factors, including age. Individuals who are ill, especially those with chronic illness, need more rest and sleep than someone who is healthy.

Upon completion of this lesson, you will be able to:

Describe the physiology of sleep, including influencing factors.

Overview

Sleep is a requirement without which humans cannot function. Yet 35% of adult Americans do not get the recommended 7 hours of sleep daily. Lack of sleep has been linked to the development of diseases like diabetes, cardiovascular disease, obesity, and depression. Functions that become impaired as an individual becomes sleep-deprived include concentration, judgment, participation in activities, memory, and healing. Injuries and accidents are also more common in people who are sleep-deprived.

From Sleep Key 1

Anna Sinclair Graham



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The Musical Herald and Tonic Sol-fa Reporter ,1892 **Teacher's Manual ...** William Alfred White,1915 *Teach Yourself VISUALLY Windows 8 Tablets* Paul McFedries,2012-08-29 A visual guide to all the features of the new Windows 8 Tablet This must have resource features visually rich step by step instructions that show you how to get the most enjoyment from your Windows 8 tablet Learn about the exciting new Metro UI optimized specifically for touch devices The most popular and commonly used apps and functions are covered too along with the basics of syncing with a network setting up e mail watching videos listening to music and common productivity tasks This book provides all the guidance needed to enjoy all the best the new Windows 8 tablets have to offer Includes information on Microsoft s Windows 8 and the new Metro UI in a clear and easy to navigate visual manner Contains over 125 Windows tablet tasks illustrated with full color screenshots Offers clear step by step instructions Consistent placement of information makes learning fast and efficient *Teach Yourself VISUALLY Windows 8 Tablet* offers concise step by step instruction that s perfect for visual learners *Study Guide for Medical-Surgical Nursing - E-Book* Sharon L. Lewis,Linda Bucher,Shannon Ruff Dirksen,2014-03-14 Prepare for success in the classroom Corresponding to the chapters in the 9th edition of Lewis market leading Medical Surgical Nursing this study guide offers a complete review of content and a wide range of activities to help you understand key nursing concepts Alternate item format questions reflect the most current NCLEX test plan To make studying easier answers for all exercises

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Sleep Loss and Its Effects on Performance Paul Naitoh, 1969 The effects of sleep loss on human task performance are discussed under total partial and selective deprivations of sleep Some of the frequently used psychological tasks in studies of total sleep loss are described in sufficient detail so that experimenters could choose on the basis of materials presented in this monograph adequate tasks to fit their experimental objectives Factors which play critical roles in determining the degree of task sensitivity to total sleep loss are listed Effects of shortened hours of sleep on human task performance are discussed Effects of selected sleep deprivation on performance are also commented upon The commentary is followed by a bibliography on sleep deprivation with author and subject indices *The Grammar & Vocabulary System: Preparation for the New TOEFL iBT (2026 Edition)* Dr. Hikmet Şahiner, 2026-02-15 THE HIDDEN TEST IN THE NEW TOEFL iBT 2026 EDITION Grammar and Vocabulary are no longer just about filling in blanks On the new TOEFL Jan 21 2026 your language control is tested through writing and production You cannot pass the new Complete the Words or Build a Sentence tasks without a rock solid foundation in morphology and syntax The Grammar Vocabulary System 590 pages is the Bible of the series It is the mandatory prerequisite for the Writing and Reading books designed to take B1 B2 students to an advanced level MASTER THE LINGUISTICS OF THE NEW TOEFL This book does not teach general English It teaches the specific structures tested on the new exam Morphology Word Structure Master prefixes suffixes and roots to solve the new Complete the Words Reading task Syntax Sentence Structure Master S V O patterns and word order for the new Build a Sentence Writing task Functional Language

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