

## SLEEP DISTURBANCE

This is a very common symptom and should be expected during the course of hospice care

Defined as change in sleep pattern: difficulty falling asleep, difficulty maintaining sleep, excess daytime drowsiness

### Common Causes



Pain



Shortness of breath



Anxiety



Depression



Restless legs



Excess caffeine, alcohol



Medication side effects

## Disruption of prior routine/environment:

- › New bed
- › Different room

## What to do first

- › Ask about pain and give pain medication if present
- › Ask about excess anxiety and give anxiety medication if present
- › Avoid excess caffeine, stimulation prior to sleep
- › If appropriate, ask about comfort of new sleeping arrangement
- › If you are comfortable asking- "Is there something bothering you that you want to talk about"

## Medications

### A

Lorazepam is one of the core 'comfort pack' medications you received on day of admission to hospice. Its purpose is to relieve anxiety and should be used as directed

### B

Pain can be a common cause of disrupted sleep. Morphine (Opioid) medications are part of the core 'comfort pack' medications and should be used as directed if pain is present. Morphine (Opioids) can also be given for increasing shortness of breath

**C**

You are concerned about possible medication side effects

You would like to consider additional medications to help with sleep

### **What to discuss with Hospice**

If any of the following are experienced, note them for the next visit from the Hospice Team.

**A**

Increasing distress from sleepless nights

**B**

You are concerned that a new problem has arisen causing the problem and need help treating

**C**

You are concerned about possible medication side effects

You would like to consider additional medications to help with sleep