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A Holistic Approach to Promote Sleep for People Emerging from Homelessness: A Good Night's Rest in Your Nest Sleep Toolkit

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Abstract

Background

Sleep deprivation has been linked to chronic health issues, decreased physical and cognitive functioning, and overall decreased quality of life, which limits the ability to engage in desired tasks and occupations (Gonzalez & Tyminski, 2020). Obtaining restful sleep serves as a foundation for optimal cognitive and physical functioning during daily tasks, roles, and activities (AOTA, 2017). Individuals who have experienced homelessness consistently demonstrate higher rates of sleep inadequacies compared to the general public, highlighting the need for service providers to address the quality of sleep participation for this population (Gonzalez & Tyminski, 2020).

Purpose

- Promote sleep participation for individuals emerging from homelessness
- Supply occupational therapy practitioners and other service providers with evidence-based and model-driven materials
- Incorporated into client's daily routines, habits, and environments.
- Assist clients in establishing healthy bedtime routines, make environmental modifications, and enhance the mind-body-spirit connection

Methods

- A thorough literature review was completed to determine current interventions approaches, programming types, the role of occupational therapy, and barriers to sleep participation for individuals emerging from homelessness.
- Literature revealed a significant need interventions to promote sleep for individuals emerging from homelessness

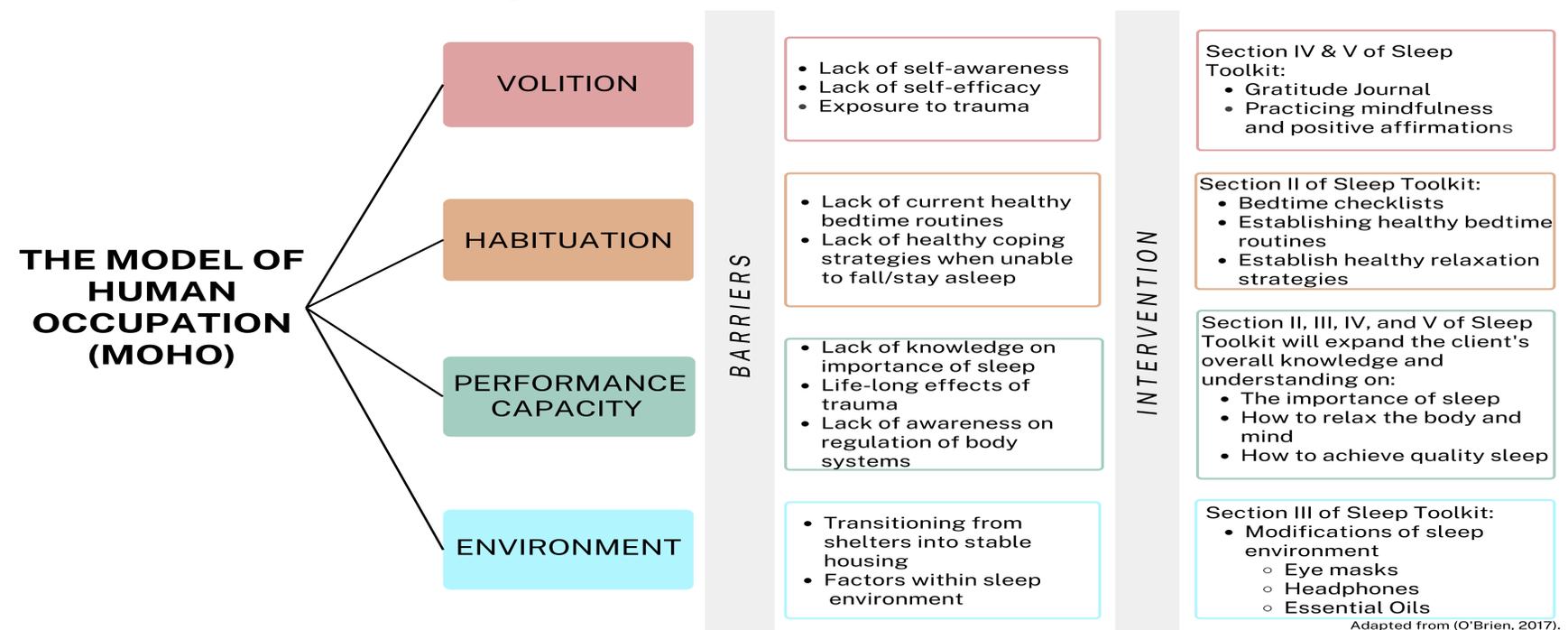
Literature Findings

- Sleep plays a critical role in children's brain development, academic performance, and success in adulthood (Maski & Kothare, 2013).
- Youth who experienced homelessness were noted more likely to fall behind their peer counterparts in regard to social-emotional development (Chow et al., 2015).
- Sleep is a restorative process for the brain to store information and make memories (Davidson et al., 2018).
- Sleep deprivation has been directly linked to chronic health conditions including:
 - Mood disruptions
 - Decreased cognitive abilities
 - Decreased function of all body systems(Gonzalez & Tyminski, 2020).

Product

- Purpose:** This toolkit is aimed to assist individuals emerging from homelessness enhance sleep participation.
- Product Development:**
 - The Model of Human Occupation (Kielhofner & Burke, 1980; O'Brien, 2017) served as the theoretical framework to guide the product. See Figure 1.
 - All educational materials were developed utilizing andragogy and pedagogy teaching and learning styles (Bastable et al., 2020).
 - Product:** *A Good Night's Rest in Your Nest Sleep Toolkit*.
 - Composed of 5 sections containing both educational materials and tangible items

Figure 1. Model and Product Development.



- Section I: Introduction to Toolkit**→ Education for Service Providers and Clients
 - Education on Model for Service Providers
 - Education for Service Providers on Sleep
 - Education for Clients on Sleep
- Section II: Bedtime Routine & Checklist**→ Educational Materials for Clients of All Ages
 - Bedtime Checklists
- Section III: Environmental Modifications**→ Educational Materials for Clients
 - Eye Masks
 - Lavender Essential Oils
- Section IV: Gratitude Journals**→ Educational Materials for Clients
 - Gratitude Journal for Adults
 - Gratitude Prompts for Children
- Section V: Spirituality & Meditation**
 - Coloring Pages (With Scripture if Applicable)
 - Breathing Techniques

Limitations, Recommendations, Impact

Limitations: No assessment data on effectiveness of toolkit with target population

- Cannot generalize to other populations without this data

Recommendations: Obtain IRB approval to gather qualitative/quantitative data

Impact: Achieving restful sleep serves as a foundation for optimal cognitive and physical functioning during daily tasks, roles, and occupations (AOTA, 2017).

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Additional references available upon request.