

Sleep Deprivation Checklist for Seniors

A senior's behaviour may be influenced by underlying medical conditions. It is important to take the time to consider the potential medical issues underlying challenging behaviour before immediately assuming the need for behaviour management strategies. If the symptoms described below are observed in a senior this may be an indication of an underlying medical condition. It is helpful to remember that it may take some time before some of these symptoms become apparent and a review may be helpful at various times throughout a stay.

Use this checklist for information and referral purposes only. Each organization should assess the use of this form against their own liability concerns. It is not a substitute for assessment and diagnosis by medical professionals. **If use of this checklist results in concern for the health of a senior, consult medical advice immediately.** Staff should not attempt to use this tool to conduct their own diagnosis. Staff should also report any concerns to their supervisor in accordance to their organization's policy and procedures.

Please also consider the personal assessment of comfort and safety experienced by the seniors when using this tool. Some seniors may be uncomfortable with others touching them or may be less likely to disclose answers to some of the questions provided.

Possible Symptoms	Yes	No
Does the noise in the environment impact a senior's ability to sleep? (This could come from in the shelter and on the street)		
Is there evidence, or does the senior report, that they are waking up on a more frequent basis? (This can be a natural part of aging)		
Does the senior report any ailments or problems that prevent them from finding a comfortable sleeping position?		
Does the senior wake up with stiffness & pain with difficulty falling asleep again?		
Does the senior awake to urinate and have difficulty falling asleep again?		
Does the senior indicate that they are afraid to fall asleep because they are afraid that they will stop breathing if they are not paying attention to respiration?		
Does the senior indicate that they have more stomach pain or problems at night that cause them to awake up in the night?		
Is there evidence, or does the senior report, sleepiness during the day and decreased functional capacity?		
Is there evidence, or does the senior report, experiencing hyperactivity, especially when trying to get to sleep?		