

SLEEP DISORDERS IN PEOPLE RECEIVING SUPPORT: UNDERSTANDING, IDENTIFYING, AND ADAPTING CARE PRACTICES

Training for professionals in institutions and home care (care assistants, life assistants, nurses, activity leaders, companions)

Improve sleep quality for residents and preserve the well-being of night teams

Duration : 6 to 7 hours	Modules : 8 modules
Lessons : 32 lessons	Audience : Healthcare and support professionals in institutions and home care
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Sleep is a fundamental pillar of cognitive, emotional, and physical health, yet its disorders are extremely common among elderly individuals, people with neurological conditions, disabilities, or chronic illnesses. However, sleep disorders are often trivialized, poorly identified, or poorly managed in care settings. This training provides professionals with a solid understanding of sleep mechanisms and disorders, along with concrete strategies to improve sleep quality for residents while preserving the quality of life for night teams. At the end of the training, each participant will be able to observe, analyze, and adapt their practices with relevance and team coherence.

Module summary

MODULE 1	Understanding Sleep and Its Mechanisms	4 lessons
MODULE 2	Sleep disorders — recognizing and understanding	4 lessons
MODULE 3	The environment and practices that promote sleep	4 lessons
MODULE 4	Night care — practices and organization	4 lessons
MODULE 5	Sleep disorders and specific pathologies	4 lessons
MODULE 6	Non-pharmacological approaches — the professional's toolbox	4 lessons
MODULE 7	Coordination, transmissions and teamwork	4 lessons
MODULE 8	Practical cases and consolidation	4 lessons

Learning objectives

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- Understand the physiology of sleep, circadian rhythms, and age-related changes
- Recognize the main sleep disorders in elderly and dependent individuals
- Identify the impact of pathologies (Alzheimer's, Parkinson's, MS, chronic pain) on sleep
- Implement non-pharmacological interventions to improve sleep quality
- Adapt night care practices to promote sleep and prevent falls
- Manage nighttime agitation, sundowning, and nocturnal awakenings effectively
- Transmit sleep observations effectively to the multidisciplinary team
- Build individualized sleep protocols integrated into care plans

General information

Duration	6 to 7 hours
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Target Audience	Professionals working in institutions or at home (care assistants, life assistants, nurses, activity leaders, companions in EHPAD, SSIAD, HAD, MAS or specialized units)
Prerequisites	None, training accessible to all adult professionals
Pricing	Sur devis – TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi – Attestation de fin de formation
Training Organization	DYNSEO – N° de déclaration d'activité : 11757351875

MODULE 1**Understanding Sleep and Its Mechanisms**

4 lessons

Lesson 1 - The physiology of sleep — essential basics

- Sleep stages: light slow sleep, deep slow sleep, REM sleep and their respective roles
- Sleep architecture: 90-minute cycles, evolution throughout the night
- Essential functions: memory consolidation, emotional regulation, physical recovery
- Why deep sleep decreases with age: normal vs pathological changes

Lesson 2 - Circadian rhythms and their regulation

- Internal biological clock: mechanisms, synchronizers (light, meals, activity)
- Melatonin: role, secretion, impact of aging and pathologies
- Disruption of circadian rhythms in the elderly: phase advance, daytime sleepiness
- How institutional environments disrupt rhythms: artificial light, rigid schedules

Lesson 3 - Sleep Changes Related to Age

- Sleep fragmentation: more frequent night awakenings, difficulties falling back asleep
- Reduction of deep slow-wave sleep and REM sleep with age
- Phase advance: earlier sleep onset and awakening
- Distinguishing what is normal vs what requires professional attention

Lesson 4 - The impact of pathologies on sleep

- Alzheimer's and dementias: sleep-wake cycle reversal, nocturnal agitation, sundowning
- Parkinson's: REM sleep behavior disorders, daytime sleepiness, insomnia
- Stroke and MS: hypersomnia, insomnia, central apneas
- Chronic pain, depression, anxiety: mechanisms impacting sleep quality

MODULE 2**Sleep disorders — recognizing and understanding**

4 lessons

Lesson 1 - Insomnia — forms, causes, and assessment

- Difficulty falling asleep, maintaining sleep, early waking: practical differences
- Common causes in facilities: pain, medications, anxiety, unsuitable environment
- Chronic insomnia vs situational insomnia: different treatment approaches
- Simple assessment tools usable by non-medical professionals

Lesson 2 - Sleep apnea syndrome

- Definition and mechanisms: obstructive vs central apneas
- High frequency in elderly people and those with neurological conditions
- Clinical signs to identify: snoring, breathing pauses, daytime drowsiness
- Impact on cognition, cardiovascular risk, quality of life — when to report

Lesson 3 - The behavioral disorder in REM sleep

- Definition: acting out dreams during REM sleep — shouting, gesticulating, falling
- Strong link with synucleinopathies: Parkinson's, Lewy body dementia
- Professional response at night: ensure safety without waking abruptly
- Importance of reporting: can precede neurological diagnosis by years

Lesson 4 - Other common disorders in institutions

- Restless legs syndrome: unpleasant sensations, nighttime restlessness, impact on sleep onset
- Daytime hypersomnia: multiple causes, distinction from physiological fatigue
- Sundowning: agitation, confusion, wandering at the end of the day
- Diverse parasomnias: sleepwalking, night terrors — rare in older adults

MODULE 3**The environment and practices that promote sleep**

4 lessons

Lesson 1 - Sleep Hygiene in Facilities — Fundamental Principles

- Regularity of schedules: fixed wake and sleep times as circadian anchors
- Bedroom as sleep space: temperature, darkness, noise, mattress quality
- Bedtime rituals: neurological benefits and how to build them

- Sufficient daytime wakefulness: why daytime sleep worsens nighttime sleep

Lesson 2 - Light as a therapeutic tool

- Light therapy: scientific basis, proven benefits for elderly and dementia patients
- Natural light exposure during the day: how to organize in facilities
- Reducing evening light: avoiding blue lights, adjusting corridor lighting
- Practical light therapy protocols applicable in EHPAD or MAS

Lesson 3 - Nutrition, physical activity, and sleep

- Impact of evening meals on sleep: timing, composition, quantity
- Stimulant beverages: caffeine, theine — half-life and cutoff times
- Physical activity as sleep regulator: when, how, what intensity
- Soothing end-of-day activities: gentle sensory stimulation, music, relaxation

Lesson 4 - Medications and Sleep — What the Professional Needs to Know

- Hypnotics and benzodiazepines: risks in elderly, falls, confusion
- Medications that disrupt sleep: corticosteroids, diuretics, certain antidepressants
- Melatonin: uses, limitations, what professionals can observe
- Professional role: observe treatment effects on sleep and communicate findings

MODULE 4

Night care — practices and organization

4 lessons

Lesson 1 - The organization of night teams around sleep

- Silent night round protocol: light, noise, passage rhythm
- Prioritize care by actual urgency: avoid waking for non-urgent tasks
- Night-day transmission: essential information about each resident's sleep
- Night space organization: signage, night lights, accessible equipment without noise

Lesson 2 - Managing Nighttime Awakenings and Agitation

- Common causes of nighttime awakening: pain, urge to urinate, disorientation, nightmares
- Hierarchical approach: identify the cause before taking action
- Nighttime reassurance techniques: calm presence, soft voice, spatial cues
- When to alert the night nurse: clear criteria for escalation

Lesson 3 - Sundowning — understanding and managing twilight agitation

- Mechanisms: temporal disorientation, accumulated cognitive fatigue, declining light
- Triggers to identify and reduce: staff changes, noise, hunger, pain
- Prevention strategies in late afternoon: gentle activity, light, snack, familiar music
- Managing an episode: non-confrontational approach, validation, gentle reorientation

Lesson 4 - The prevention of nighttime falls

- Risk factors: excessive daytime sleepiness, medications, nocturia, confusion
- Securing the nighttime environment: night lights, grab bars, clear pathways, detectors
- Rugs and floor mattresses: indications and limitations
- Protocol after a nighttime fall: assessment, reporting, environmental adaptation

MODULE 5

Sleep disorders and specific pathologies

4 lessons

Lesson 1 - Sleep and Dementias — Specialized Support

- Sleep-wake rhythm inversion in advanced dementia: causes and management
- Nocturnal wandering: securing without constraining, adapted environment
- Specialized Alzheimer units at night: organization and recommended practices
- Nocturnal communication with disoriented persons: presence and reassurance techniques

Lesson 2 - Sleep and Parkinson's — specific vigilance

- REM sleep behavior disorders: appropriate nighttime actions
- Excessive daytime sleepiness from antiparkinsonian medications: monitoring and reporting
- Nocturnal cramps and MS pain: positioning, gentle mobilization
- Impact of nocturnal OFF phases: connection with treatment schedules

Lesson 3 - Sleep and psychiatric disorders in institutions

- Insomnia and depression: the vicious cycle, how to recognize and report
- Bipolar disorder and sleep: insomnia as early sign of manic episode
- Schizophrenia and sleep: fragmentation, nightmares, antipsychotic impact
- Chronic anxiety and nighttime ruminations: non-pharmacological support strategies

Lesson 4 - Sleep and chronic pain

- The vicious circle of pain-insomnia: mechanisms and practical implications
- Assessing nocturnal pain in non-communicative individuals
- Pain-relief positioning at bedtime: principles and practical applications
- Adjusting analgesic schedules to optimize sleep quality

MODULE 6

Non-pharmacological approaches — the professional's toolbox

4 lessons

Lesson 1 - Relaxation and bedtime relaxation techniques

- Progressive muscle relaxation adapted for elderly or disabled individuals
- Breathing techniques: simplified cardiac coherence, abdominal breathing
- Relational touch and hand massage at bedtime: protocol and benefits
- Essential oils and aromatherapy: validated uses, precautions

Lesson 2 - Music therapy and sensory stimulation at bedtime

- Music as sleep inducer: repertoire choice, volume, duration
- Natural sound recordings: rain, sea, forest — benefits and practical use
- Gentle sensory stimulation: weighted blanket, warmth, soothing textures
- Personalizing nighttime sensory environment according to preferences

Lesson 3 - Accessible behavioral and cognitive interventions

- Bedtime restriction: principle, adapted application in institutions
- Stimulus control: relearning the bed-sleep association
- Restructuring anxious bedtime thoughts: techniques accessible without psychological training
- Sleep diaries: simple observation and intervention tool

Lesson 4 - Building a sleep protocol in an establishment

- Assess all residents' sleep: simple tools for team implementation
- Identify priority residents for targeted interventions
- Build individualized sleep protocol integrated into care plan
- Evaluate intervention impact and adjust: simple monitoring indicators

MODULE 7

Coordination, transmissions and teamwork

4 lessons

Lesson 1 - Transmit sleep observations effectively

- What to observe and note: duration, quality, awakenings, nighttime behaviors
- Write useful sleep reports for daytime team and caregivers
- Sleep monitoring tools in facilities: grids, software, night notebooks
- Importance of day-night continuity: what daytime team can do for night

Lesson 2 - Working with the healthcare and medical team

- When and how to alert nurse or doctor for sleep disorders
- Contribute to medical sleep evaluation: what field professionals can provide
- Apply medical sleep prescriptions appropriately
- Participate in sleep protocol development with multidisciplinary team

Lesson 3 - Taking care of night teams

- Impact of night work on professional health: what science says
- Sleep disorders in night workers: prevention and management
- Night work organization to limit health effects
- Resources for professionals with work-related sleep disorders

Lesson 4 - Informing and involving families

- What families can do to improve sleep during visits
- Explain to families why loved ones sleep differently in facilities
- Families who inadvertently disrupt sleep: late visits, excessive stimulation
- Build family-team alliance around resident's sleep project

MODULE 8

Practical cases and consolidation

4 lessons

Lesson 1 - Protocols for the Most Common Nighttime Situations

- Agitated and disoriented resident at 2 AM: step-by-step decision tree
- Suspicion of sleep apnea: observation, documentation, reporting
- Nocturnal fall: intervention, evaluation, reporting, prevention
- Refusal to go to bed: understanding, not forcing, alternatives

Lesson 2 - Role-playing and situational exercises

- Simulation: managing sundowning episode in person with Alzheimer's
- Simulation: assisting anxious person who refuses to fall asleep alone
- Simulation: writing complete and useful night report
- Group debriefing: what worked, what could have been done differently

Lesson 3 - Building a sleep improvement plan for a resident

- Evaluate resident's sleep profile: tools and methods
- Identify probable causes of observed disorders
- Propose non-pharmacological intervention plan integrated into care project
- Present this plan to the multidisciplinary team

Lesson 4 - Final evaluation and resources

- Quiz to consolidate key learning from the training
- Each participant identifies most challenging sleep situations in their practice
- Construction of personal action plan for the next 30 days
- Additional resources: National Institute of Sleep, HAS, recommended digital tools

Teaching methods

- 100% online training accessible 24/7 on computer, tablet, or smartphone
- Engaging multimedia format: videos, infographics, interactive quizzes, practical case studies
- Flexible self-paced progression adapted to professional schedules
- Downloadable practical tools: observation grids, protocols, decision trees
- Final evaluation quiz to validate acquired knowledge
- Certificate of completion issued at the end of training