

**Specification of Competency Standards**  
**for the Elderly Care Service Industry**  
**Unit of Competency**

Functional Area - Clinical Care

Title	Improve the Elderly's Sleep Quality
Code	110778L2
Range	This Unit of Competency is applicable to practitioners who provide community care services in the elderly care service industry. The application requires performing a range of tasks in predictable and structured working environments, and its execution requires understanding abilities and interpretation skills. Practitioners should be able to provide appropriate assistance and guidance to the elderly persons and their family members according to the assessment results and recommendations by medical professionals to improve the elderly's sleep quality.
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on the sleep quality</p> <ul style="list-style-type: none"> <li>• Understand the definition and content of sleep quality</li> <li>• Understand the characters of the elderly's sleep, such as: <ul style="list-style-type: none"> <li>○ Reduced sleep time</li> <li>○ Easily awakened by external sounds</li> <li>○ The light sleep phase increases, and deep sleep phase decreases, etc.</li> </ul> </li> <li>• Understand the factors that affect the sleep quality</li> <li>• Understand the methods to improve the elderly's sleep quality</li> <li>• Understand the methods to provide comfortable sleeping environments</li> </ul> <p>2. Improve the elderly's sleep quality</p> <ul style="list-style-type: none"> <li>• Ask medical professionals about the elderly's sleep problems and causes for them, and follow their instructions to guide the elderly and their family members on methods to improve sleep quality, and provide assistance as needed, such as: <ul style="list-style-type: none"> <li>○ Assist the elderly persons to establish regular sleep schedules</li> <li>○ Avoid lifestyle habits that affect sleep, such as: smoking or drinking before going to bed, drinking caffeinated or stimulating beverages</li> <li>○ Remind the elderly persons to avoid UV light exposure before going to bed, such as: watching television, using computers and smartphones, etc.</li> <li>○ Assist the elderly persons to establish routine relaxation activities before going to bed, such as: drinking milk, bathing, listening to light music, etc.</li> <li>○ Arrange the elderly persons to establish moderate and regular exercise habits during the day, which could synergize with the effects of the outdoor sunshine</li> <li>○ Instruct the elderly persons to perform muscle relaxation exercises before going to bed</li> <li>○ Remind the elderly persons to take painkillers or relaxation medication prescribed by their doctors, such as: sleeping pills, etc.</li> </ul> </li> <li>• Instruct the elderly persons and their family members to arrange comfortable sleeping environments at home, such as: <ul style="list-style-type: none"> <li>○ Try to avoid placing objects that make noises in the bedrooms</li> <li>○ Adjust to a suitable room temperature</li> <li>○ Install night lights in bedrooms, halls and bathrooms according to the environment, in order to reduce anxiety</li> <li>○ Select suitable mattresses, pillow supports, or adjustable rehabilitation beds according to the elderly's physical condition, in order to achieve an appropriate sleeping posture, etc.</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Follow-up on the effectiveness of relevant measures and report the elderly's conditions to medical professionals</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• According to the elderly's different conditions, follow the instructions of medical professionals to guide the elderly persons and their family members on the methods to improve sleep quality, assist in arranging comfortable sleeping environments at home, and continue to execute measures to improve the elderly's sleep quality</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>• Able to follow the instructions and execute the recommendations and measures of medical professionals, and provide appropriate guidance and assistance to improve the elderly's sleep quality; and</li> <li>• Able to follow-up the execution of related sleep measures and report to medical professionals.</li> </ul>
Remark	