



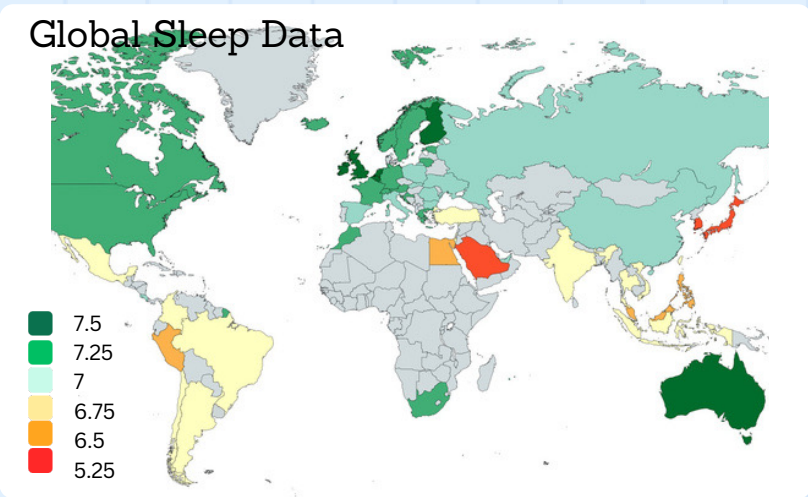
Transforming Occupational Therapy: Integrating Sleep as a Core Component of Practice


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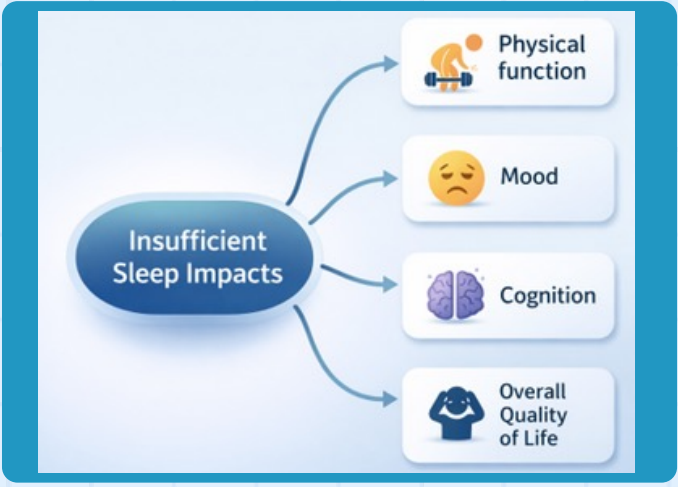


Sleep insufficiency is a global health crisis



- Sleep deprivation lead to higher rates of:
-  Disease
 -  Disability
 -  Premature Death

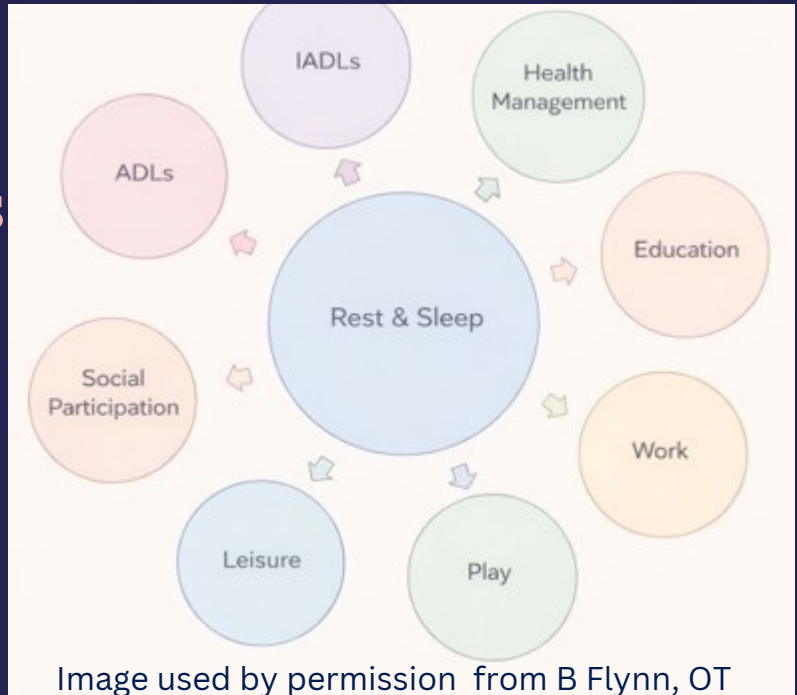
Sleep is an Occupational Right



SLEEP = HEALTH

OTs Unique Role in Supporting Sleep

Sleep affects every occupation



OTs conceptualize sleep as an occupation

In addressing sleep there can be

- Improvement in health outcomes
- Transformation in quality of life
- Innovation to OT practice

OTs are Sleep Champions

REFRAMING SLEEP IN OCCUPATIONAL THERAPY

EVALUATION



Ask questions about sleep during the initial evaluation.

Include sleep in your occupational profile.

Assess sleep's impact on other occupations

ADDRESS WHAT YOU KNOW

- Personal Factors - Pain, Modulation, Mental Health
- Environments - Light, Noise, Temp
- Routines - Windown & Wake-up



ADDRESS SLEEP AS A MEANS

OT's can also address the occupation of sleep to improve other areas of occupation

ADDRESS SLEEP AS AN END

OTs can address the barriers to sleep as a means of improving sleep.



READ

The body of literature on sleep is growing in OT journals and sleep journals. Get out and read it.



Scan Me

FIND MENTORSHIP

The Sleepy OT group is an international group of OT clinicians, researchers, and educators championing for OT's role in addressing the Global insufficient sleep epidemic



SLEEP IS NOT PASSIVE - IT'S POWERFUL!

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