Unit 4222-234 Provide support for sleep (HSC 2030)

Level: **2**
Credit value: **2**
UAN: **Y/601/9490**

Unit aim
This unit is aimed at those working in a wide range of settings. It provides the learner with the knowledge and skills required to establish conditions suitable for sleep and support the individual to sleep.

Learning outcomes
There are **five** learning outcomes to this unit. The learner will:
1. Understand the importance of sleep
2. Be able to establish conditions suitable for sleep
3. Be able to assist an individual to sleep
4. Be able to monitor sleep
5. Know how to access information and advice about difficulties with sleep

Guided learning hours
It is recommended that **13** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards
This unit is linked to HSC 216.

Support of the unit by a sector or other appropriate body
This unit is endorsed by Skills for Care and Development

Assessment
This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.
Learning outcomes 2, 3 and 4 must be assessed in a real work environment.

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Assessment Criteria

Outcome 1 Understand the importance of sleep

The learner can:

1. explain how sleep contributes to an **individual's** well-being
2. identify reasons why an individual may find it hard to sleep
3. describe the possible short-term and long-term effects on an individual who is unable to sleep well.

Outcome 2 Be able to establish conditions suitable for sleep

The learner can:

1. describe conditions likely to be suitable for sleep
2. minimise aspects of the environment likely to make sleep difficult for an individual
3. adjust own behaviour to contribute to a restful environment
4. describe actions to take if the behaviour or movement of others hinders an individual's ability to sleep.

Outcome 3 Be able to assist an individual to sleep

The learner can:

1. explain the importance of a holistic approach to assisting sleep
2. encourage the individual to communicate the support they need to sleep
3. assist the individual to find a position for sleep consistent with their plan of care
4. support the individual to use aids for sleep in ways that reflect the plan of care and follow **agreed ways of working**.

Outcome 4 Be able to monitor sleep

The learner can:

1. establish with the individual and **others** how sleep will be monitored
2. record agreed observations relating to the individual's sleep and the assistance given.

Outcome 5 Know how to access information and advice about difficulties with sleep

The learner can:

1. describe situations in which additional information or assistance about sleep would be needed
2. explain how to access additional information and assistance.

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Additional guidance

- An **individual** is someone requiring care or support
- **Agreed ways of working** will include policies and procedures where these exist
- **Others** may include:
  - family
  - friends
  - advocates
  - line manager
  - health professionals
  - others who are important to the individual's well-being.