

# SLEEP PATTERNS

*Monitoring sleep patterns can offer insight into changes into behavior or provide information related to nighttime routines. Using the trends in data collected by the technology, caregivers and individuals can proactively address sleep issues that may be resulting in unsafe situations or challenging behavioral outcomes.*

## Who do we consider?

- Individuals who may be at risk for falling, wandering, and/or egress during night hours as related to a disability or dementia
- Someone who might be engaging in unsafe or unhealthy behaviors at night (chronic overeating, accessing unsafe areas of the home, being destructive)
- Residential service providers who are seeking to modify nighttime staffing patterns
- Anyone who has incontinence issues during the night

## What will we achieve?

- Passive monitoring of movement in home
- Passive monitoring of behavioral outcomes and sleep routines
- Proactive rather than reactive response to egress and wandering
- Reduction of onsite staffing for “just in case” situations such as during night hours

## What technology do we use?

- 1 SimplyHome Butler System
- Door/window sensors
- Motion sensors
- Incontinence pads
- Bed pressure pads

## What rules can alert staff, family members or the individuals themselves?

1. When a door or window is opened
2. When someone gets off the bed pad
3. When someone triggers a motion sensor in the home
4. When someone wets the incontinence pad

