

QI Project – Sleep – Follow- up

Cygnet Autism Residential Services – Southampton

Devon Lodge (DVL - 12 residents) and The Squirrels (SQ - 9 residents)

Sleep is essential to our health and wellbeing, and is the one occupation which directly impacts all other occupations

Are we supporting our residents to get quality sleep? Is their function affected by lack of sleep? How does it present in their behaviours? What are they telling us? What can we do to improve their sleep to enable them to feel good and have a good quality of life? What can be changed in the environment? Staff awareness?

Is there anything our residents need to support good quality sleep for overall health, wellbeing and function?

Adapting the environment

Focal areas: Light, Noise, Temperature, Staff room location, Bedroom furniture and equipment

What we have done:

- Noise reduction awareness
- Noise monitoring
- Air con units being used
- Glow lights for use at night rather than main lights
- Working with maintenance teams re: internal structures (doors banging, keypads)
- Staff training and awareness (person, occupation, environment)
- Mattress audits – awareness

What are the next plans?:

- Staff room at DVL location change
- Mattresses – non-waterproof cover
- Window coverings to support night-time darkness
- Invest in door closers to prevent banging
- Invest in keypad silencers

Daily Routine

Focal areas: Resident activities and Preparation for sleep

What we have done:

- Exploring internal and external activities that promote energy exertion and physical and mental stimulation
- Developing a toolbox of sleep preparation resources
- Supported Activity Coordinators with schedule development
- Staff training and awareness

What are the next plans?:

- Individualised sleep preparation toolbox
- Sleep care plan development

Staff Support

Focal areas: Staff confidence (to support physical activities), Recruitment of support staff (ensuring expectations are clear that they will be required to support residents in physical activities), Staff training (awareness of health and sleep quality)

What we have done:

- Supporting staff confidence development
- Recruitment stage – ensure staff can support residents with physical activities and capture this via Occ. Health
- Supported Activity Coordinators with schedule development
- Staff training and awareness of the importance of sleep on the individual, occupations and the environment

What are the next plans?:

- Review the roles and responsibilities of night staff with sleep hygiene for each resident

Next Steps: June 2025

1. Sleep monitoring to be captured for all residents at DVL and SQ, and data to be compared to previous results from May 2024
2. Implementing the next plans detailed above
3. Environmental Audit

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