

HOT Evidence

Interventions to Promote Sleep for Adults with Chronic Conditions

Why This Matters

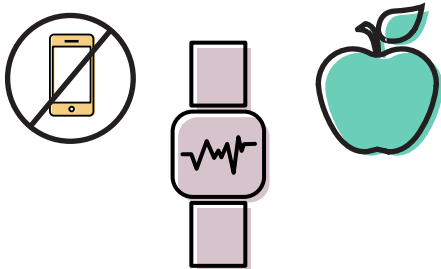
Short sleep duration is associated with adverse health including **obesity, physical inactivity,** and **cigarette smoking.**

Adults with shortened sleep report increased **heart disease, stroke, asthma,** and **other chronic health conditions** compared with adults who consistently get 7 hours of sleep.

Occupational therapy practitioners should **be prepared to address sleep and rest** as part of an overall plan of care.

Improving Rest & Sleep

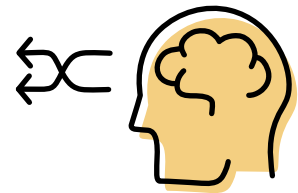
Evidence-Based Interventions



Self-care education on sleep hygiene, nutrition and physical activity



Mind-Body Wellness



Cognitive behavioral therapy (relaxation techniques, sleep hygiene, managing sleep loss)

Find the Evidence

Visit www.aota.org to review this Critically Appraised Topic Paper from a ***Self-Management Interventions for Sleep Among Adults with Chronic Conditions.***