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.