

**Specification of Competency Standards**  
**for the Elderly Care Service Industry**  
**Unit of Competency**

Functional Area - Clinical Care

Title	Enhance the Quality of Sleep among Elderlies
Code	105996L2
Range	This Unit of Competency is applicable to employees in the Elderly Care Industry who are engaged in clinical care on a daily and routine basis. Based on the assessment and advices from healthcare professionals, employees are required to provide an environment that facilitates good quality of sleep and assist elderlies to establish a regular sleep cycle for better sleep quality.
Level	2
Credit	2 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on sleep quality</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> <li>• Understand the definition and content of sleep quality</li> <li>• Understand the characteristics of sleep among the elderly, such as: <ul style="list-style-type: none"> <li>○ Shortened sleep time</li> <li>○ Easy awakenings</li> <li>○ Shallow sleep phase gets longer and deep sleep phase shorter</li> </ul> </li> <li>• Understand the factors that affect sleep quality</li> <li>• Understand the methods to enhance sleep quality for the elderly</li> <li>• Understand the methods to provide a comfortable sleeping environment</li> </ul> <p>2. Enhance sleep quality</p> <ul style="list-style-type: none"> <li>• Consult healthcare professionals on the reasons behind the sleeping problem of individual elderlies; follow their advices to enhance sleep quality, such as: <ul style="list-style-type: none"> <li>○ Assist elderlies to establish a regular sleep cycle</li> <li>○ Help elderlies quit lifestyle habits that interfere with sleep quality, for example, smoking cigarettes, drinking alcohol, consuming energy drinks or beverages with caffeine before sleep</li> <li>○ Remind elderlies not to perform any activities other than sleeping on their beds right before bedtime, such as reading newspapers, using computers, or knitting</li> <li>○ Assist elderlies to acquire habits that help them fall asleep before going to bed, for example, drinking milk, bathing, and listening to soft music</li> <li>○ Arrange appropriate and regular exercises for the elderlies during the day</li> <li>○ Assist elderlies to perform exercises that relax the muscles before going to bed</li> </ul> </li> <li>• Provide a comfortable sleeping environment</li> <li>• Follow up on the effectiveness of relevant measures and report to healthcare professionals on the progress</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Follow instructions given by healthcare professionals and according to the specific conditions of individual elderlies, consistently take relevant measures to enhance their sleep quality</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> <li>• Ability to follow instructions according to the advices and measures suggested by healthcare professionals, to enhance sleep quality of elderlies and to provide them with a comfortable sleeping environment; and</li> </ul>

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	<ul style="list-style-type: none"><li>• Ability to follow up with elderlies' level of compliance regarding the relevant measures and report the progress to healthcare professionals</li></ul>
Remark	