

MAXIMIZING REST FOR IMPROVED OUTCOMES

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WHAT IS REST?

Florence Nightingale

Maslow's Hierarchy

Is it Sleep?

REST RESEARCH

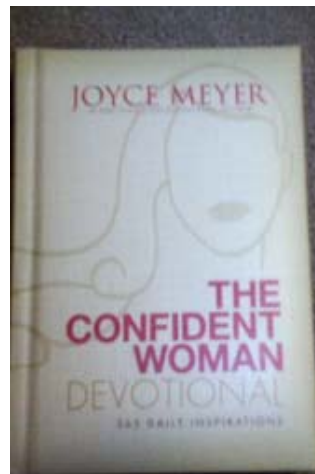
Sleep

Rest

REST RESEARCH

Perspectives of Rest

- Southern African American Women
 - Restful Context and Environments
 - Rest Rituals
 - Rest as Self Care
 - Psychological Safety
 - Opposite of Rest





GOD'S LIGHT PEEKING THROUGH

Restful Context and Environments

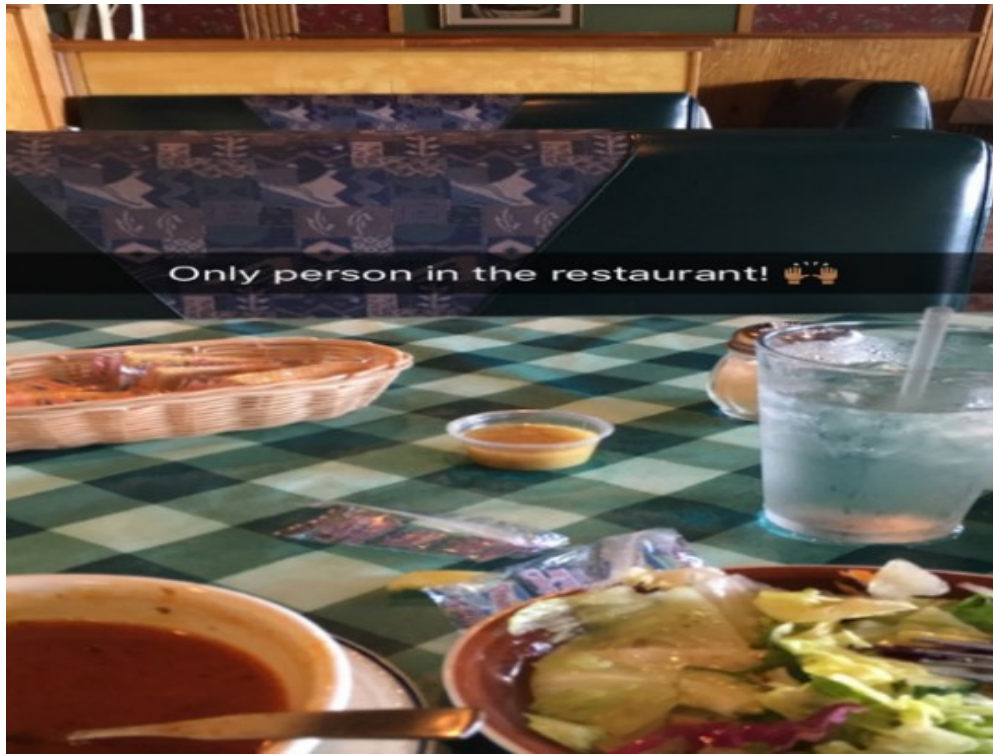
“Rest is sitting alone and in the quiet of the morning, thanking God for the beauty of the trees, so lush and the light of the sun that shines on the leaves, listen to the birds singing and chirping and watching the squirrels run up and down the trees. What peace you give me lord, thank you for the beauty of nature, what peace you give me before I begin my busy day.”



BUBBLES, CANDLES, AND BATH

Rest Rituals

“I just lit the candle and I had one side light on...me sitting in my bath to relax and rest.”



Rest as Self Care

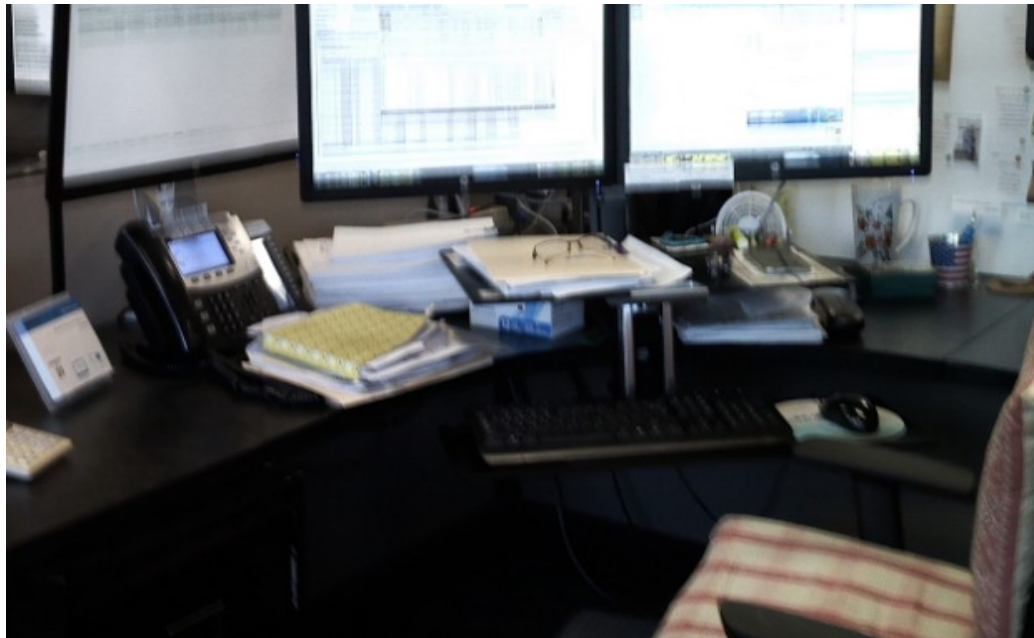
“I wanted to get away from the office, get away from everybody. I went across the street to this restaurant...eventually I was the only person in the restaurant. There is no noise, there was nothing but me, my iPad and my food.”

SOLO LUNCH



Psychological Safety
“It gives me peace to know that my children- they’re healthy and they’re sound and for them to know we are there for them.”

MY BABIES



Opposite of Rest

“My desk does remind me of stress. I have three monitors....I get emails all day long, phone calls all day long, and my order screen never stops. I’m constantly busy; and it’s a never ending task”

UNPLANNED CHAOS

REST FOR IMPROVED OUTCOMES

Lack of Rest & Sleep with increase Stress Linked to increased incidence of:

- weight gain and obesity
- diabetes
- hypertension
- heart disease
- stroke
- depression
- increased risk of death



LETS TALK ABOUT REST

R- relaxation/sleep

E- exercise/movement

S- stress management

T- time for self



R: RELAXATION/SLEEP



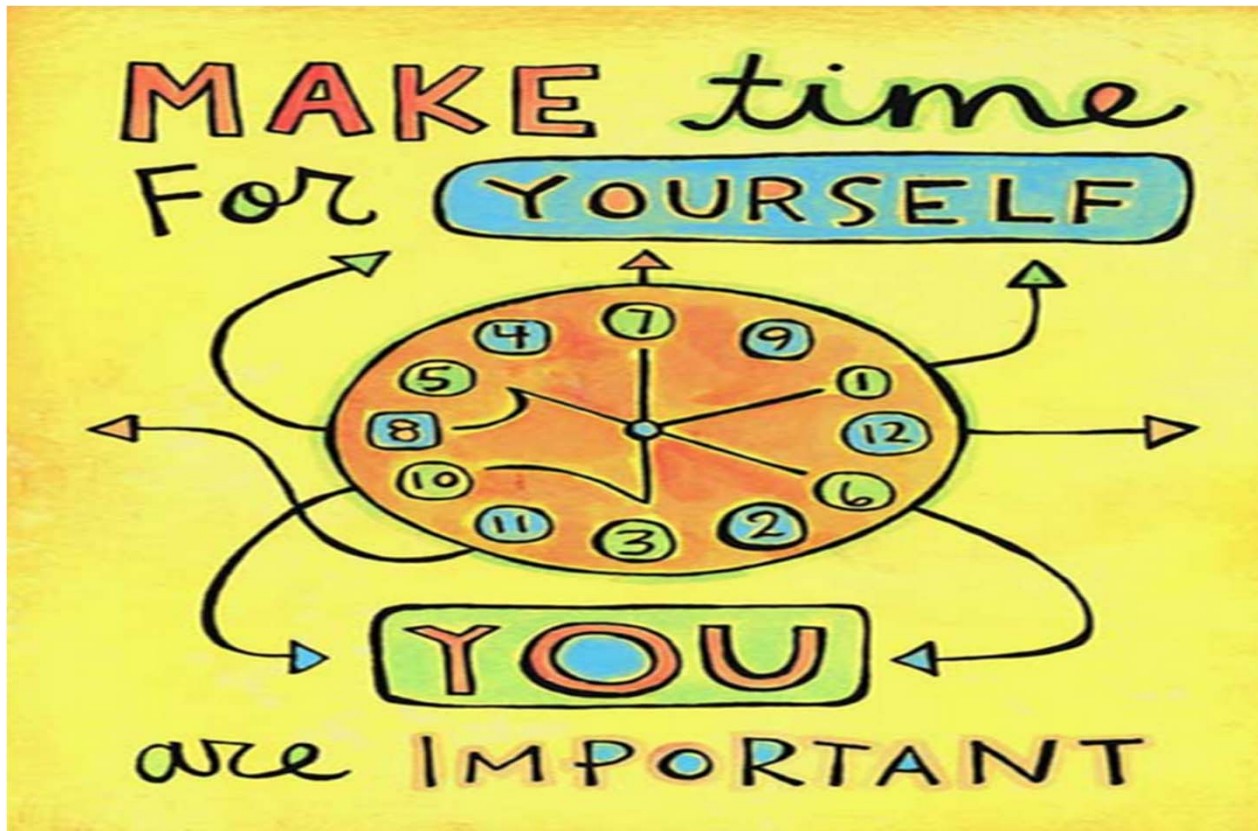
E: EXERCISE/MOVEMENT



S: STRESS MANAGEMENT



T: TIME FOR SELF



MEDICAL MANAGEMENT FOR CLIENTS WITH SLEEP DIFFICULTY

❖ Start with Sleep Hygiene



MEDICAL MANAGEMENT FOR CLIENTS WITH SLEEP DISORDERS

❖ Drug Therapies

❖ Melatonin

- ❖ Difficulty falling asleep
- ❖ Difficulty maintaining sleep

❖ Magnesium

- ❖ Helpful in control of body stress response system
- ❖ Deficit more common in women
- ❖ Best to increase through Diet or Topical application

❖ Zolpidem

- ❖ Short term management
- ❖ Increased side-effect profile



Foods High in Magnesium



Brown rice



Buckwheat groats



Peanuts



Spinach



Whole-wheat bread



Mackerel

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PRACTICE WHAT YOU PREACH





QUESTIONS