

Demonstrate knowledge of sleep and sleep management in relation to work performance

Level 2

Credits 2

Purpose People credited with this unit standard are able to demonstrate knowledge of: sleep and sleep debt; the circadian rhythm and the body clock; and methods to improve quality of sleep.

Subfield Occupational Health and Safety

Domain Occupational Health and Safety Practice

Status Registered

Status date 23 February 2007

Date version published 23 February 2007

Planned review date 31 December 2012

Entry information Open.

Accreditation Evaluation of documentation by NZQA.

Standard setting body (SSB) New Zealand Industry Training Organisation – Industrial Health and Safety Advisory Group

Accreditation and Moderation Action Plan (AMAP) reference 0171

This AMAP can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Special notes

- 1 The legislation and guidelines relevant to this unit standard include but are not limited to – Health and Safety in Employment Act 1992; Health and Safety in Employment Regulations 1995; *Shift-work, Reducing it's Effect on Health and Safety – Advice for Employers and Employees* (1998) and *Stress and Fatigue, Their Impact on Health and Safety in the Workplace* (1998) Occupational Safety and Health Service, Department of Labour.
- 2 *Sleep* in this unit standard refers to a complex state in which the eyes are closed, the muscles relaxed and consciousness practically suspended. *Sleep Debt (Sleep Deficit)* in this unit standard refers to the result of recurrent sleep deprivation which occurs over time when an individual does not experience a sufficient amount of the restorative daily sleep that is required to maintain a sense of feeling rested and refreshed.

Elements and performance criteria

Element 1

Demonstrate knowledge of sleep and sleep debt.

Performance criteria

- 1.1 Features of rapid eye movement (REM) sleep are described.
- Range brain active, rapid eye movement, body muscles paralysed, twitching, ability to recall dreams in detail.
- 1.2 Features of four non rapid eye movement (NREM) sleep stages are described in terms of levels of physiological activity.
- 1.3 Features of quality sleep are described.
- Range uninterrupted sleep, duration, proportion of sleep stages.
- 1.4 Factors affecting quality of sleep are described.
- Range may include but is not limited to – lifestyle patterns, sleep disorders medication, temperature, noise, effects of alcohol, age, stress, travel, anxiety.
- 1.5 The symptoms of sleep debt are described.
- Range symptoms include but are not limited to – day time sleepiness, low productivity, decreased concentration, daydreaming, slow reactions.
- 1.6 The concept of sleep debt is explained in relation to the physiological need for sleep and cumulative impact of sleep debt.

Element 2

Demonstrate knowledge of the circadian rhythm and the body clock.

Performance criteria

- 2.1 The circadian rhythm is explained in terms of a genetic cycle that programmes physical and cognitive behaviours.
- Range cycle length, temperature rhythm, amplitude.
- 2.2 The concept of the body clock is described in terms of brain functioning for keeping body rhythms harmonised with the environment.
- Range being awake and asleep, periods of peak physical and mental performance.

- 2.3 Factors that confuse or disrupt the body clock are described.
- Range includes but is not limited to – shift work, extended hours awake, sleep disruptions, international travel, medication, drugs.
- 2.4 Factors that have an impact on circadian rhythms are described.
- Range includes but is not limited to – bright sunlight, temperature, lack of sleep, monotonous activities.
- 2.5 Ways of organising activities around circadian rhythms are described.
- Range includes but is not limited to – avoiding driving during sleep periods, managing work and other activities around highs and lows of the temperature rhythm.

Element 3

Demonstrate knowledge of methods to improve quality of sleep.

Performance criteria

- 3.1 Lifestyle patterns which encourage quality of sleep are identified.
- 3.2 Solutions for sleep disorders are described in relation to diet, exercise, and medical conditions.
- Range sleep disorders include but are not limited to – age related insomnia, depression, iron deficiency, thyroid imbalance, breathing difficulties.
- 3.3 Personal risk reduction strategies are identified.
- Range strategies may include but are not limited to – balanced diet, minimise intake of stimulants and alcohol, relaxation, sleep environment, pre-sleep routine.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the New Zealand Industry Training Organisation mail@nzito.co.nz if you wish to suggest changes to the content of this unit standard.