



Conceptual model: Sleep Disturbance



Sleep window issues

Not able to fall (back) asleep

Active/restless in the sleep window

Airway/respiratory

Fluid status/vascular

Gastrointestinal

Psychophysiologic

Sensory

Insufficient sleep

Delayed sleep onset latency

Not sleeping/achieving restorative sleep

Sleep continuity issues

Hypnagogic hallucinations

Waking up during sleep window

Impact on others

Bed/carepartner sleep disruption

Bed/care partner sleep window anxiety

Noisy breathing & snoring



Non-sleep window issues (Proximal impacts)

Difficulties upon waking

Appearance on waking

Getting up/out of bed

Hypnopompic hallucinations

Oversleeping

Sleep inertia

Sleep paralysis

Difficulties during the day

Daytime sleepiness & tiredness

Emotional & mood issues

Impaired or reduced cognitive function

Increased risk of driving accidents

Mistakes at work & with daily activities

Physical symptoms

Unplanned daytime sleeping

Coping behaviors

Caffeination

Purposeful daytime sleeping

Cognitive fatigue

Trouble concentrating

Memory difficulties

Impaired function & ability to conduct activities of daily living



Long-term issues (Distal impacts)

Perpetuating factors | Long-term issues which can lead to maladaptive behavior & thought patterns which further impact sleep

Behavioral sleep restriction

Fear & anxiety surrounding sleep

Internal turmoil impacting sleep

Negative emotions about sleeping

Sleep position/location

Worry & concern

Acceptance & hopelessness

Avoidance of social functions

Basing life decisions on sleep

Coping mechanisms

Depression, anxiety, stress

Failing to meet personal goals

Impaired professional life/productivity

Loneliness/altered social behavior

Long-term cognitive impairment & neurodegeneration

Long-term health issues

Long-term guilt & frustration

Others' perceptions & behaviors

Reduced engagement in life

Social stigma

Strain on relationships



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Long-term issues which can lead to maladaptive behavior & thought patterns which further impact sleep

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Negative emotions about sleeping

Sleep position/location

Worry & concern

Other distal impacts

Long-term issues which impact people's daily life

Acceptance & hopelessness

Depression, anxiety, stress

Long-term cognitive impairment & neurodegeneration

Avoidance of social functions

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