




Recommendations for Equipment to Promote Restorative Sleep

<p>Actigraphy</p>	<p>This technology can help assess the sleep/wake patterns, including naps, total sleep time, light exposure and activity.</p>		<p>Philips Respironics</p>
<p>Noise detector</p>	<p>These devices detect the surrounding sound intensity of the environment to give staff a reminder of conversation noise levels.</p>		<p>Yacker Tracker Decibel Meter</p> <p>Smartphone apps also available</p>
<p>Key covers</p>	<p>Key covers provide a barrier between keys to avoid noise.</p>		<p>Key cap covers Key cap</p>
<p>Digital light meter</p>	<p>Digital light meters measure the light in an area.</p>		<p>Sunche Dr. Meter</p> <p>Smartphone apps also available</p>
<p>Hands-free flexible neck light</p>	<p>This light is hands-free to allow staff to work without turning on the overhead room lights. Produces white light and red light.</p>		<p>HUG Light Minger MyLight</p>
<p>Light therapy</p>	<p>Provides extra bright light for people who do not get enough.</p> <p>Mayo Clinic – Choosing a light therapy box</p>		<p>Happy Light Verilux Light Therapy Boxes</p>
<p>Light color change</p>	<p>Amber colored sheets and lens can be placed on lights to change the color without replacing lights or bulbs.</p>		<p>Amber light film Amber light lens</p>
<p>Smart light bulbs</p>	<p>Tunable and dimmable smart light bulbs allow fine tuning of lights to circadian rhythm needs and allows light to match appearance to time of day.</p> <p>*Some may require other products to work (hubs, apps, smart-home technology, etc.)</p> <p>Energy.gov – Understanding LED color tunable products</p>		<p>Lumiman TP-Link Philips</p>
<p>Empira's Restorative Sleep DVD</p>	<p>Learn how the Empira collaborative implemented a successful restorative sleep program.</p>		<p>Buy DVD</p>
<p>Empira's Educational Card Game</p>	<p>Go through the day in the life of a resident with this interactive card game.</p>		<p>Buy card game</p>