

# The Protect Sleep Initiative

## Restorative Sleep Hydration Policy

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**Policy:** It is the policy of \_\_\_\_\_ to ensure residents are offered fluids of their choice in an amount to attain and maintain adequate hydration during hours that will not interfere with a restorative sleep program.

**Rationale:** Restorative sleep is vital to human health and wellbeing. To promote quality of life and the highest practical physical, mental and psychosocial well-being sleep disruptions should be reduced. Therefore, it becomes important to adapt fluids offered/fluid intake to hours that will not inhibit quality sleep.

**Procedure:**

1. Establish the fluid needs per resident. A general guideline for determining baseline daily fluids needs is to multiply the resident's body weight in kg times 30ml (2.2 lbs = 1kg), except for residents with clinical conditions that necessitate fluid restriction (e.g., renal or cardiac distress).  
  
The specific amount of hydration needed is specific for each resident, and fluctuates as the resident's condition fluctuates (e.g., increase fluids if resident has fever or diarrhea).
2. Ensure residents have fresh water at their bedside, within reach at all times, unless contraindicated.
3. Provide resident desired fluids with breakfast and lunch in 6 or 8 oz. servings and fluids for dinner in 4 oz. servings.
4. Encourage additional fluids of resident choice between breakfast and lunch and between lunch and dinner.
5. Do not offer fluids after dinner unless necessary for that resident, e.g., medication administration, ordered by a physician or by resident request.
6. Do not serve caffeinated beverages after lunchtime or 1P unless requested.
7. Discourage caffeinated beverages and/or alcohol intake prior to bedtime.
8. If possible, administer any medications that have a diuretic effect in the morning.
9. For residents who have fluid buildup in their legs, feet and ankles encourage leg elevation and/or brief daily naps.
10. Develop the plan of care after determination of resident's choice for sleep interval and hydration needs. The plan of care will be evaluated quarterly and as needed.