

Unit 70: Provide Support for Sleep

Unit code:	HSC 2030
Unit reference number:	Y/601/9490
QCF level:	2
Credit value:	2
Guided learning hours:	13

Unit summary

This unit is aimed at those working in a wide range of settings. It provides the learner with the knowledge and skills required to establish conditions suitable for sleep and support the individual to sleep.

Assessment requirements

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles. Learning outcomes 2, 3 and 4 must be assessed in a real work environment.

Additional information

An **individual** is someone requiring care or support.

Agreed ways of working will include policies and procedures where these exist.

Others may include:

- family
- friends
- advocates
- line manager
- health professionals
- others who are important to the individual's wellbeing.

Assessment methodology

Learners can enter the types of evidence they are presenting for assessment and the submission date against each assessment criterion. Alternatively, centre documentation should be used to record this information.

Learning outcomes and assessment criteria

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
1 Understand the importance of sleep	<p>1.1 explain how sleep contributes to an individual's wellbeing</p> <p>1.2 identify reasons why an individual may find it hard to sleep</p> <p>1.3 describe the possible short-term and long-term effects on an individual who is unable to sleep well</p>			
2 Be able to establish conditions suitable for sleep	<p>2.1 describe conditions likely to be suitable for sleep</p> <p>2.2 minimise aspects of the environment likely to make sleep difficult for an individual</p> <p>2.3 adjust own behaviour to contribute to a restful environment</p> <p>2.4 describe actions to take if the behaviour or movement of others hinders an individual's ability to sleep</p>			
3 Be able to assist an individual to sleep	<p>3.1 explain the importance of a holistic approach to assisting sleep</p> <p>3.2 encourage the individual to communicate the support they need to sleep</p> <p>3.3 assist the individual to find a position for sleep consistent with their plan of care</p> <p>3.4 support the individual to use aids for sleep in ways that reflect the plan of care and follow agreed ways of working</p>			

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
4 Be able to monitor sleep	4.1 establish with the individual and others how sleep will be monitored 4.2 record agreed observations relating to the individual's sleep and the assistance given			
5 Know how to access information and advice about difficulties with sleep	5.1 describe situations in which additional information or assistance about sleep would be needed 5.2 explain how to access additional information and assistance			

Learner name: _____ Date: _____

Learner signature: _____ Date: _____

Assessor signature: _____ Date: _____

Internal verifier signature: _____ Date: _____
(if sampled)