

# Sleep, Positioning and Respiratory Health Checklist

Questions that are often asked by people with physical disabilities who have trouble sleeping and having enough energy during the day.

Visit [futurethinking.abilitycentre.com.au](http://futurethinking.abilitycentre.com.au) for more information.

Please note that this checklist is a guide only and should not replace a thorough assessment completed by health professionals.

Question	If you answer...	It is recommended you...
Have you reviewed the Cerebral Palsy Respiratory Checklist?	No	<ul style="list-style-type: none"> <li>Answer the questions on the checklist. This is a research based checklist to find out your risk of respiratory problems and provides a guide of what you need to do. Although based on children and young adults with cerebral palsy, it is relevant as a guide for anyone with a physical disability at any age.</li> <li><a href="http://www.abilitycentre.com.au/resources/cp-checklist">www.abilitycentre.com.au/resources/cp-checklist</a></li> </ul>
Do you get a good night's sleep most nights?	No	<ul style="list-style-type: none"> <li>Seek help, sleep is very important.</li> <li>See your GP for a health review.</li> <li>See your occupational therapist for a full sleep environment review.</li> </ul>
Are you uncomfortable in your bed?	Yes	<ul style="list-style-type: none"> <li>Seek help, sleep is difficult if you are uncomfortable.</li> <li>See your occupational therapist or physiotherapist for a full review of your sleep environment.</li> </ul>
Do you have any pain when in your bed?	Yes	<ul style="list-style-type: none"> <li>Don't ignore it, seek help. Find the cause. Treat it.</li> <li>See your GP, physiotherapist and occupational therapist.</li> </ul>
If you have supported seating, do you have equipment to support you in your bed?	No	<ul style="list-style-type: none"> <li>Have supportive equipment or positioning guidelines put in place. Supporting your body to prevent little problems becoming big problems needs to happen 24 hours a day, not just during the day.</li> <li>See your occupational therapist or physiotherapist for a sleep plan.</li> </ul>
Do you get hot and sweaty or cold at night despite using the air conditioner, heater or sheets and blankets?	Yes	<ul style="list-style-type: none"> <li>Find ways to manage your temperature each night.</li> <li>See your GP for a health review.</li> <li>See your occupational therapist or physiotherapist for a full review of your sleep environment.</li> </ul>

## Sleep, Positioning and Respiratory Health Checklist cont.

Question	If you answer...	It is recommended you...
Do you snore or get sleepy during the day or fall asleep?	Yes	<ul style="list-style-type: none"> <li>Have a sleep health review as soon as possible. Snoring and falling asleep during the day are a sign of sleep apnoea which needs to be treated before it has a major impact on your overall health.</li> <li>See your GP for a full health review as soon as possible.</li> </ul>
Do you have any red marks on your body from lying in your bed?	Yes	<ul style="list-style-type: none"> <li>Seek help immediately. Red marks mean there is a pressure problem. If not reviewed, red marks can lead to bigger pressure problems like ulcers.</li> <li>See your GP for health review.</li> <li>See your occupational therapist or physiotherapist for immediate review of your position and the equipment used.</li> </ul>
Do you have trouble breathing at night?	Yes	<ul style="list-style-type: none"> <li>Seek help immediately – do not ignore.</li> <li>See your GP for a health review.</li> <li>See your physiotherapist for assistance in finding the best position to sleep in to improve your breathing.</li> </ul>
Do you have trouble settling to sleep at night?	Yes	<ul style="list-style-type: none"> <li>Find ways to help you settle.</li> <li>See your occupational therapist or physiotherapist for a full review of your sleep environment.</li> </ul>
Do you feel unwell when you are lying in bed?	Yes	<ul style="list-style-type: none"> <li>Seek help, don't ignore it.</li> <li>See your GP for a health review.</li> <li>See your physiotherapist and occupational therapist for assistance in finding the best positions for you.</li> </ul>
Do you experience shortness of breath?	Yes	<ul style="list-style-type: none"> <li>Find out why you have shortness of breath.</li> <li>See your GP for a health review.</li> <li>See your physiotherapist for review.</li> </ul>
Are there any gaps around your mattress or bed that you could get stuck and not be able to get yourself out of?	Yes	<ul style="list-style-type: none"> <li>Seek a review of your equipment as soon as possible.</li> <li>See your occupational therapist or physiotherapist.</li> </ul>