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**REHABILITATION
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Department of
Occupational
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The Impact of Bedding and Soft Furnishing on Sleep

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In our clip, we will be discussing the impact that beddings and soft furnishings have on sleep quality. We will begin our presentation with a case study about a university student who has sleeping difficulties. Keep the case study in mind while going through the presentation as we will come back to it later. Next we will discuss how sleep is integral to all aspects of a person's functioning. We will look at how sleep fits into the Canadian Model of Occupational Performance and Engagement (CMOP-E).

We found that there are three different types of interventions specific to adjusting the bed, which can help to provide an individual with a more comfortable place to sleep. Based on the evidence, we will examine how adapting one's bedding, mattress, and pillows will help to optimize sleep quality. For example, bedding and pillows that facilitate cooler core body temperatures can help to improve sleep quality. Additionally, a heavier bedding can facilitate improved sleep for individuals with insomnia.

We will also talk about how an occupational therapist can be involved in helping a person with sleep problems. OT's are well suited for this role, as they look at how a person, their occupations, and their environment all interact together to optimize a person's level of functioning. The person's physical, cognitive, and emotional functions, interact with the environment to affect sleep. And in turn, sleep also affects them and also impacts the individual's performance in other occupations. Next, governmental policies and guidelines regarding soft furnishings for sleep will be discussed. There is currently no known health care or clinical practice guidelines regarding this topic.

After learning more about how improvements in bedding can help sleep, we will return to the case study and look at what could be done to help improve Jane's sleep quality.

Here are a list of resources for companies which offer bedding and mattresses that can help to improve sleep.

Companies offering temperature-regulating bedding:

- Slumber cloud - <http://www.slumbercloud.com/our-products/cooling-blankets-cooling-comforters.html>
- Cool Jams - <http://www.cool-jams.com/bedding.html>
- Cooling Mattress - <http://www.coolingmattress.com/>
- Outlast - <http://www.outlast.com/en/end-uses/bedding/>

Pillows

- Orthopedic pillows - <https://www.orthocanada.com/en/orthopedic-chiropractic-and-ergonomic-pillows>
- Chiroflow (waterbase technology) - <https://chiroflow.com/>
- Supportive pillow - <http://orthex.ca/en/>
- Latex pillows - <http://www.naturaworld.com/products/organic-latex-pillow/>

Weighted Blankets

- Mosaic Weighted Blankets - <http://www.outlast.com/en/end-uses/bedding/>
- Hippo Hug - <https://hippohug.ca/>
- SensaCalm - <http://www.sensacalm.com/weighted-blankets/>
- Local equipment vendor - <http://www.shoppershomehealthcare.ca/>

Key References

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Park, S-J. (2015) Effects of softness of bedding materials upon overnight excretion of urinary catecholamines and sleep quality in warm environmental conditions, *Biological Rhythm Research*, 46:1, 91-101

Fung, C., Wiseman-Hakes, C., Stergiou-Kita, M., Nguyen, M., & Colantonio, A. (2013). Time to wake up: Bridging the gap between theory and practice for sleep in occupational therapy. *British Journal of Occupational Therapy*, 76, 384-386.