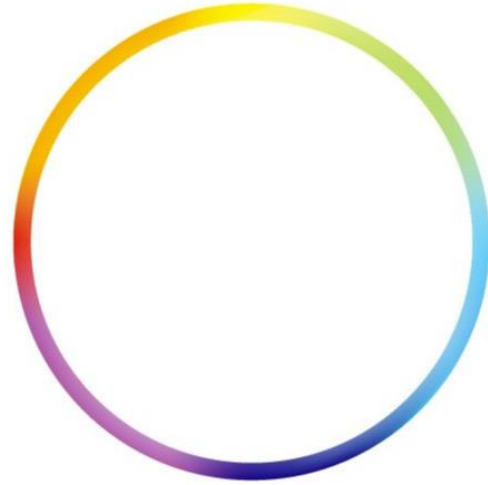




SOMNOFY®

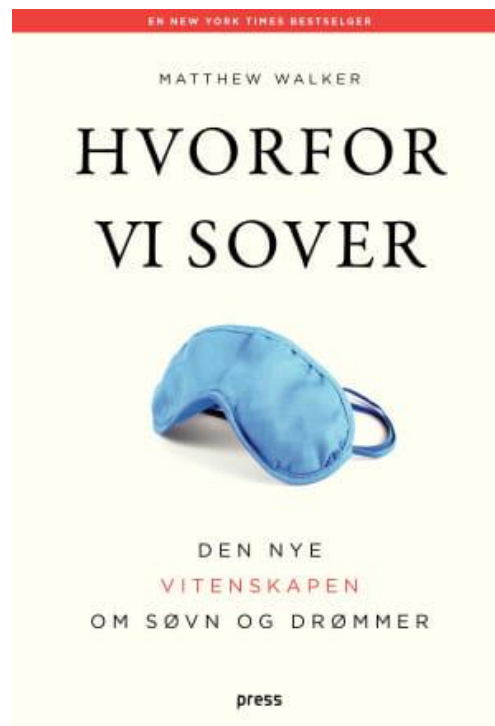
Quantum of Sleep

Remi Andersen

Sykehjemsoverlege Ullernhjemmet og Oppsalhjemmet

remiandersen@gmail.com

«En god dag er avhengig av
en god natt»



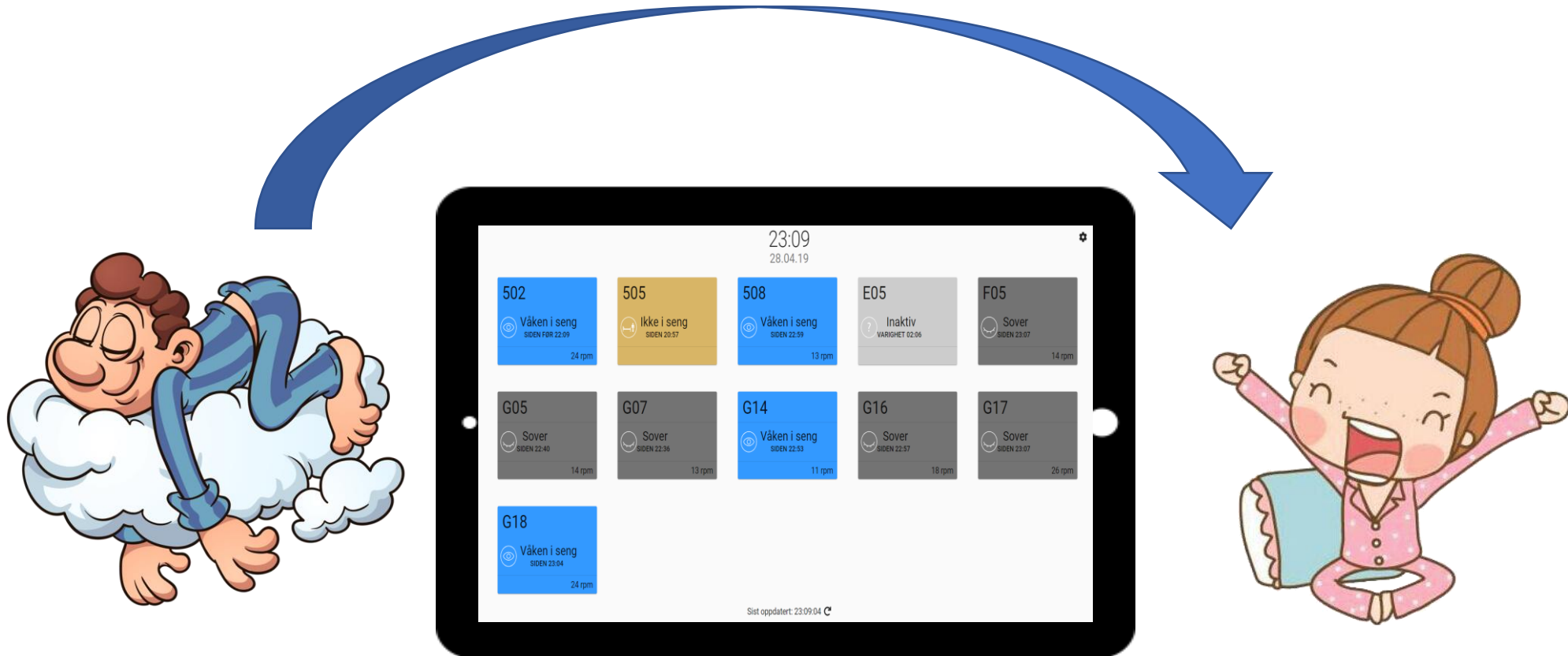
Hva vet du om brukeren fra
21 – 09?



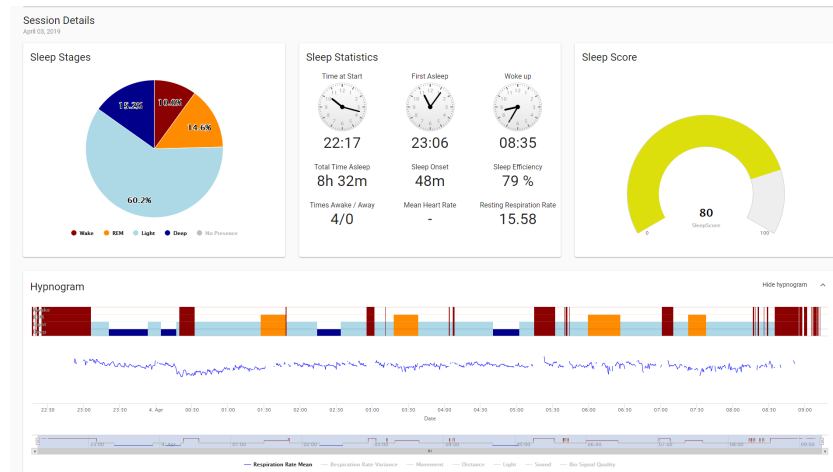
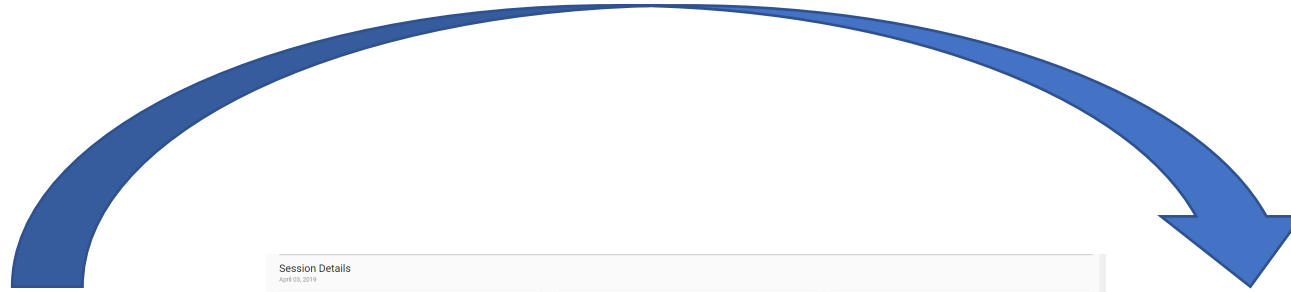
Somnofy gir økt innsikt



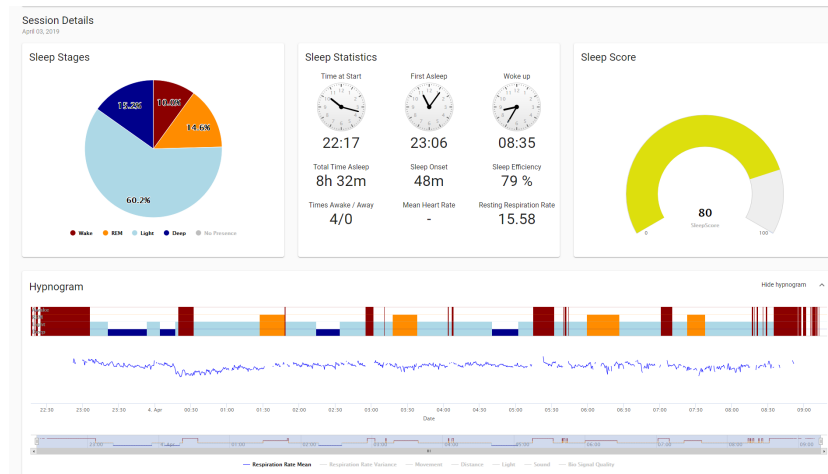
Monitorering gjennom natten



Detaljert søvnkartlegging

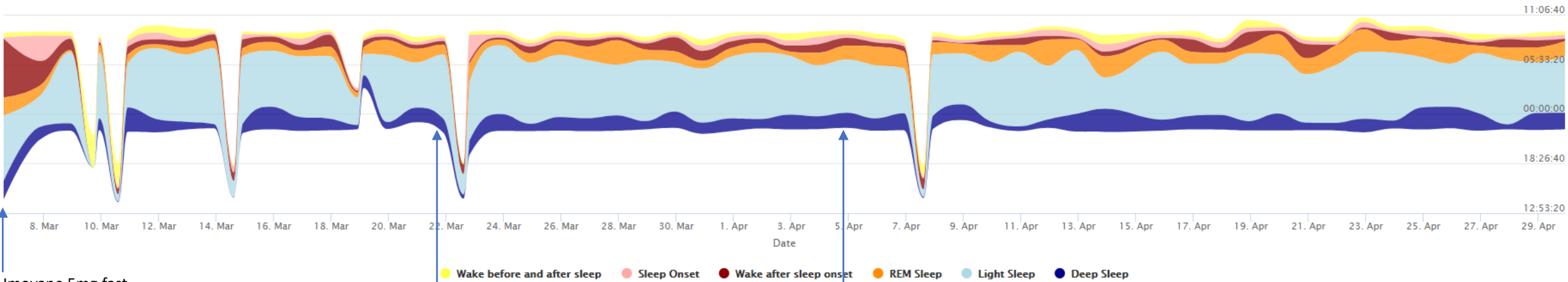


Verktøy for forbedring



Søvnvansker – Kvinne 90-årene

- Utfordring:
 - Seponere z-hypnotika pga kjente bivirkninger
 - Kognitiv påvirkning
 - Fall og Fallrisiko
 - Avhengighet
 - Misforhold mellom egenopplevd søvn og nattpersonalets observasjoner
- Spørsmål:
 - Kan søvnmonitorering trygge pasient og pårørende ved seponering av z-hypnotika?



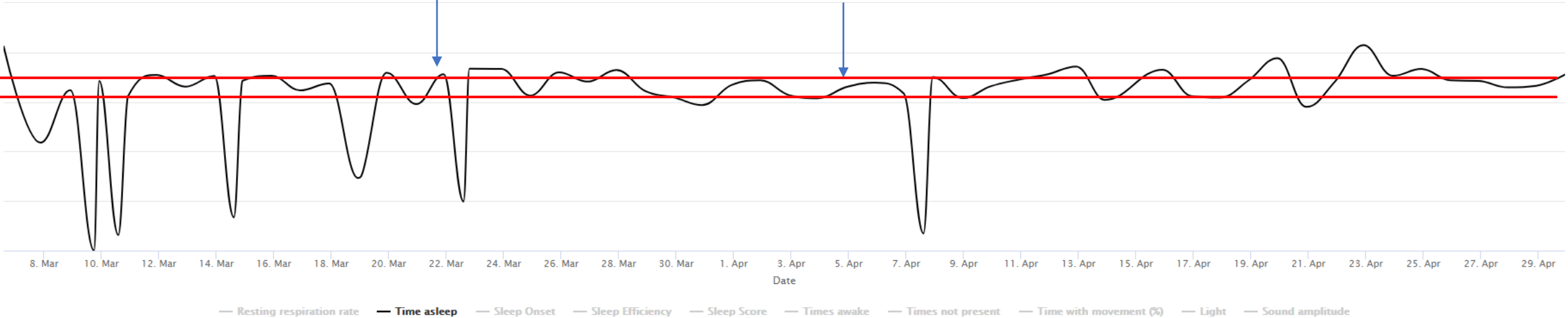
Imovane 5mg fast
(nedtrappet tidligere)

Sleep History Vitals

21.3: Ønsker mer sovmemed
Melatonin Depot 3mg legges til

4.4: Opplevd innsovningsvansker
Imovane 5mg seponert
Melatonin 3mg kapsel lagt til

Hide vital signs ^

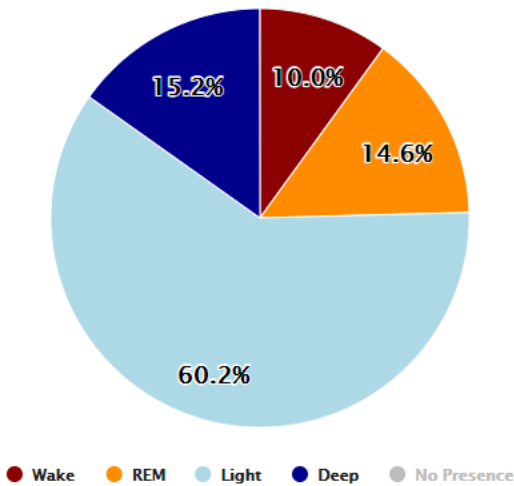


Session Details

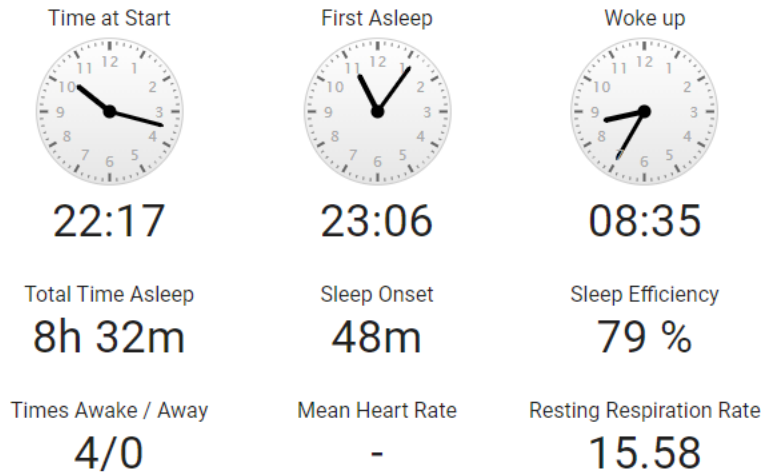
April 26, 2019

Korte oppvåkninger = Tegn til lettere søvn med z-hypnotika

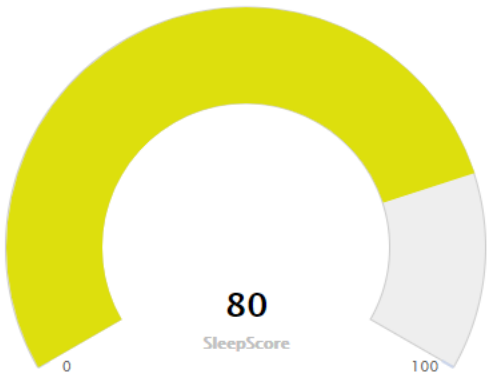
Sleep Stages



Sleep Statistics



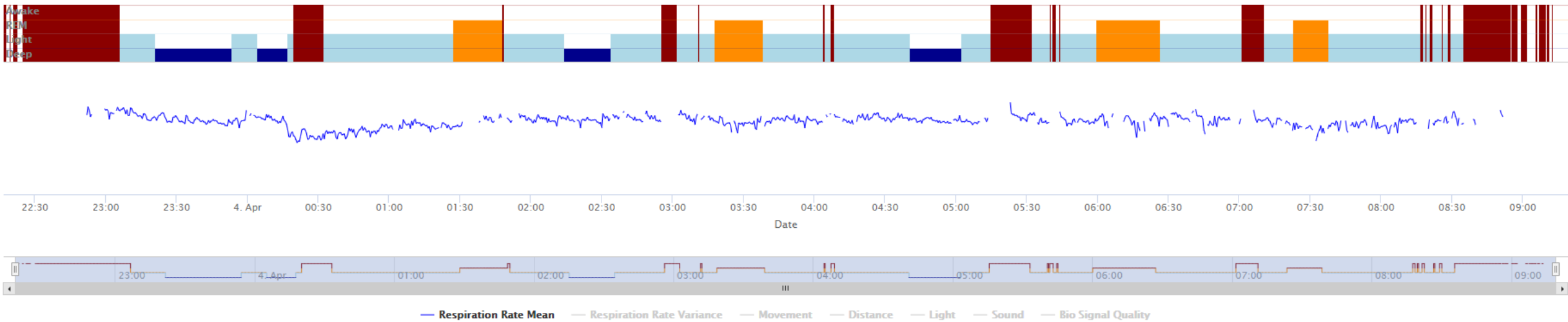
Sleep Score



Hypnogram

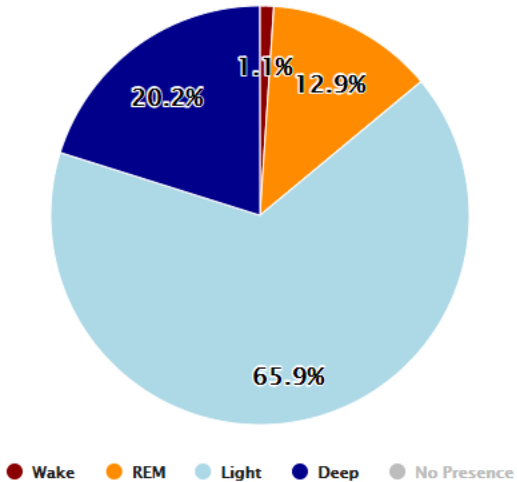
Imovane 5mg + Melatonin Depot 3mg

Hide hypnogram ^

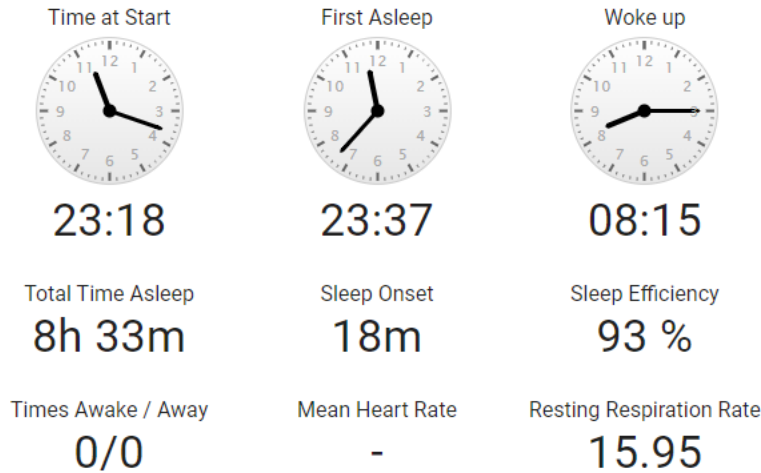


Z-hypnotica seponert. Tegn til mer sammenhengende søvn

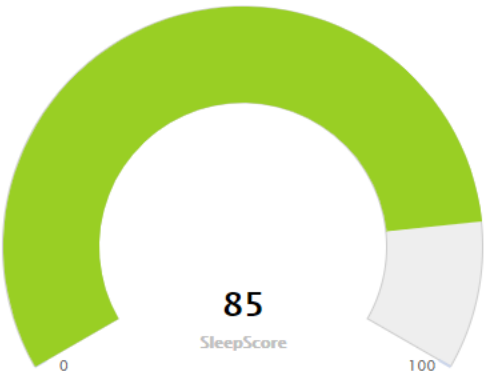
Sleep Stages



Sleep Statistics



Sleep Score



Hypnogram

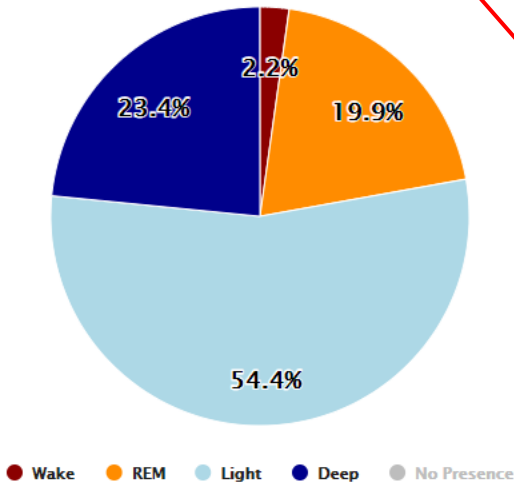
Imovane seponert. Melatonin 3mg dep + 3mg kapsel

Hide hypnogram ^

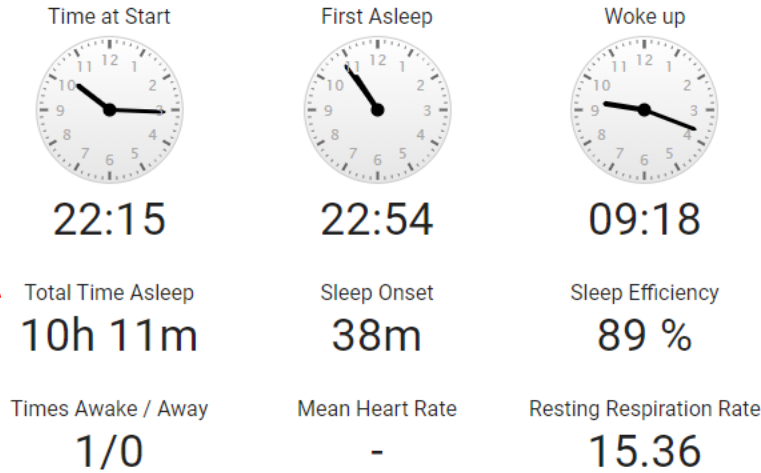


Meget bra søvnkvalitet uten z-hypnotika

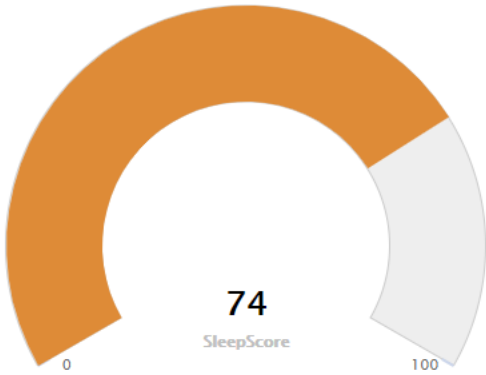
Sleep Stages



Sleep Statistics

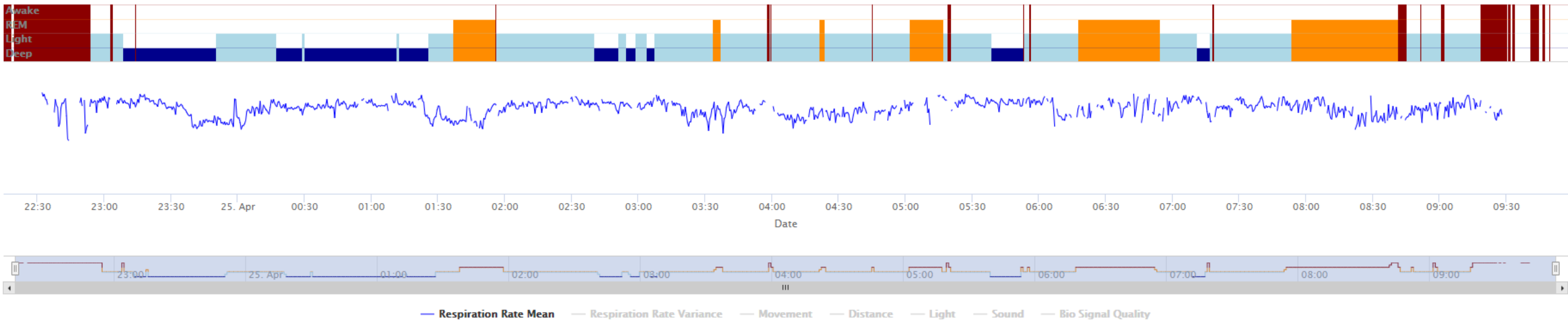


Sleep Score



Hypnogram

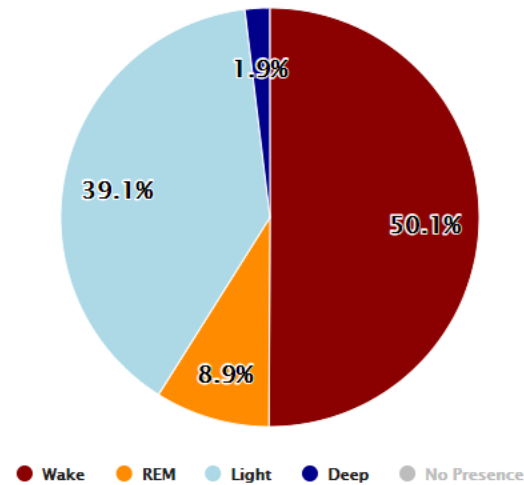
Hide hypnogram ^



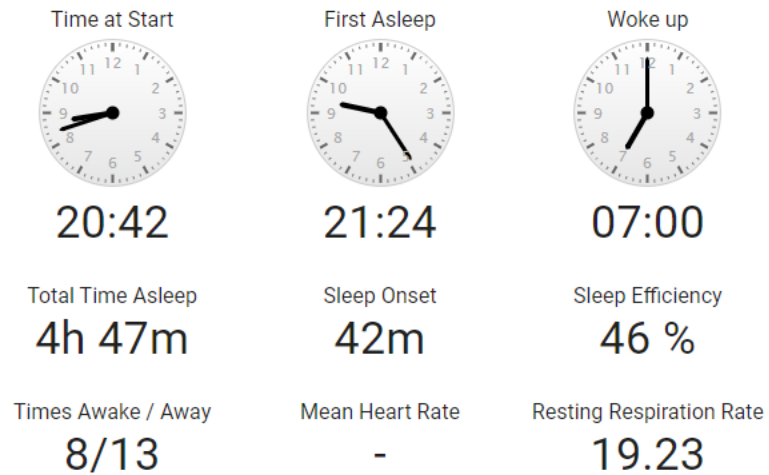
Demens – Kvinne i 90-årene

- Utfordring:
 - Nattlige oppvåkninger og vandring
 - Økt fallrisiko
- Spørsmål:
 - Kan vi monitorere nattlige oppvåkninger og episoder ut av seng?
 - Hvordan er personalets observasjoner ift søvnmonitorering?

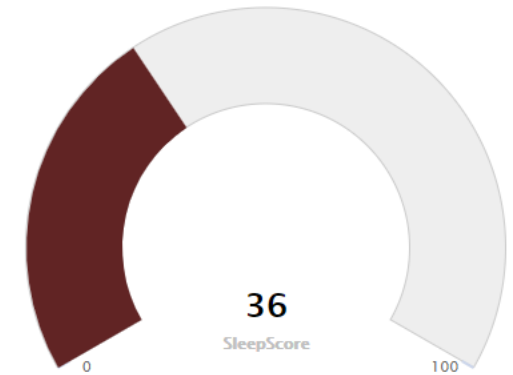
Sleep Stages



Sleep Statistics



Sleep Score



Hypnogram

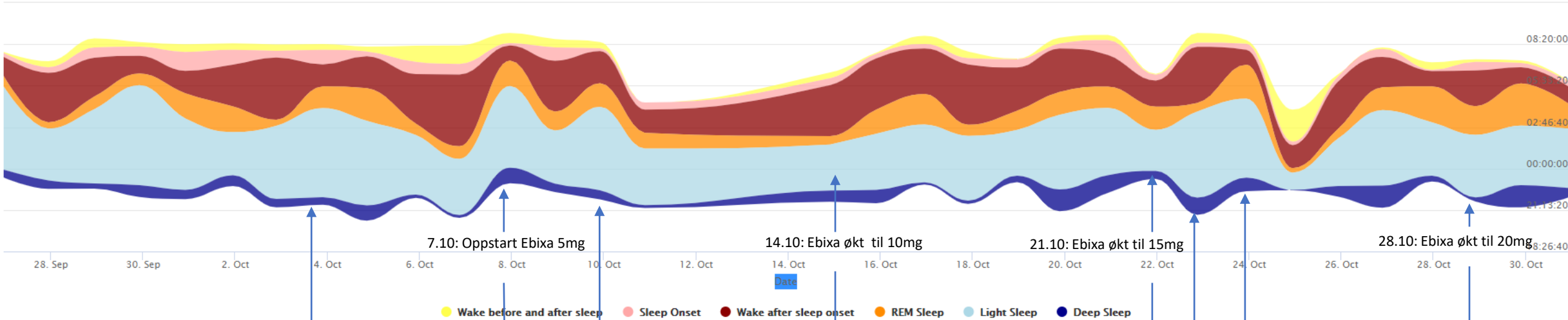
Hide hypnogram ^



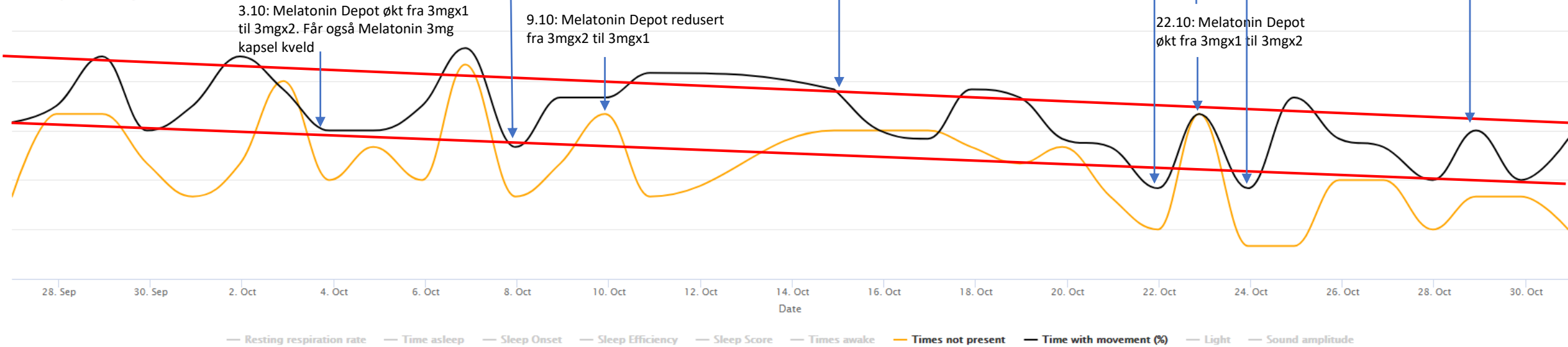
— Respiration Rate Mean — Respiration Rate Variance — Movement — Distance — Light — Sound — Bio Signal Quality

Sleep stages

July 31 - October 31

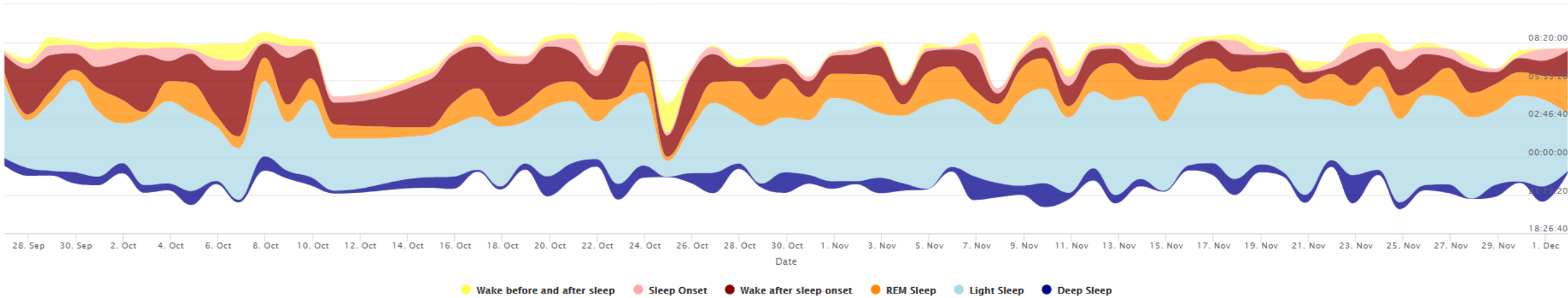


Sleep History Vitals



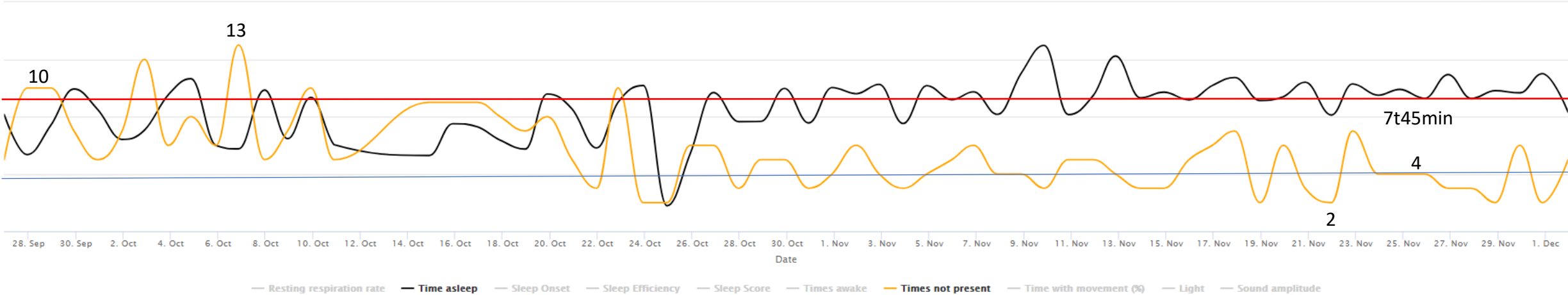
Sleep stages

September 03 - December 01

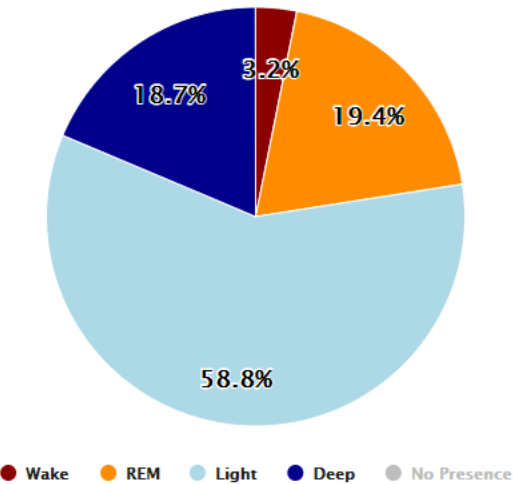


Sleep History Vitals

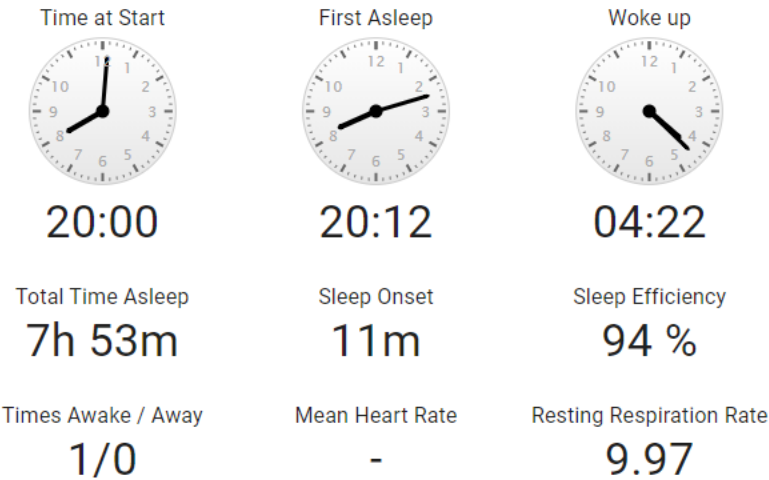
Hide vital signs ^



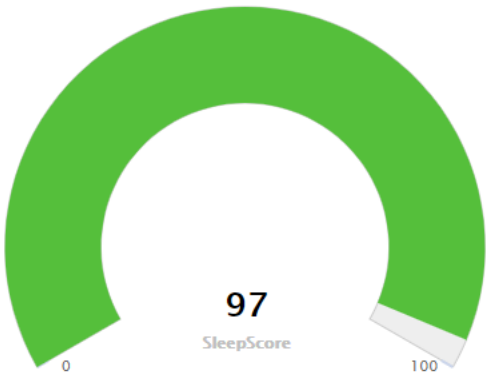
Sleep Stages



Sleep Statistics

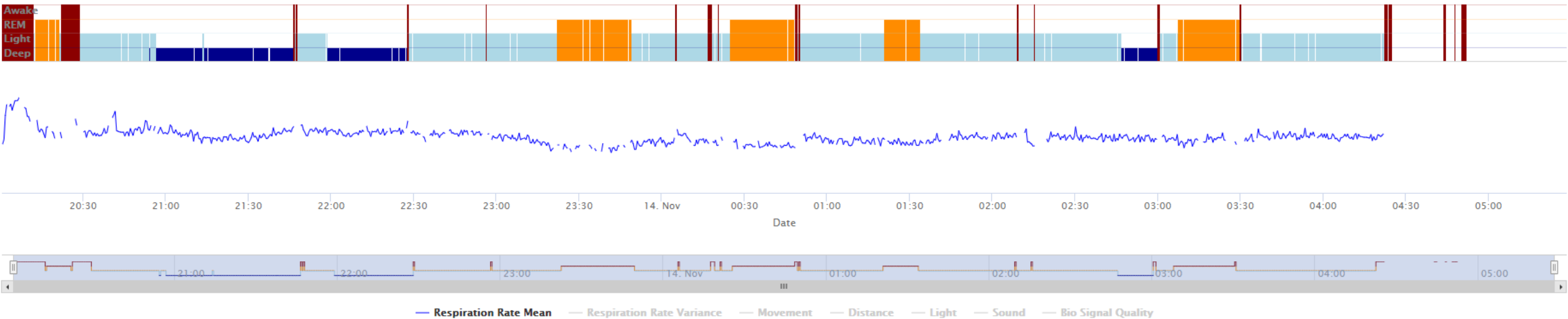


Sleep Score



Hypnogram

Hide hypnogram ^



OPPSUMMERING

- Søvn **viktig** for helsen
- Søvnmonitorering gir **innsikt**
- Inviterer til **brukermedvirkning**
- **Trygghet** for bruker og pårørende
- Avstandsoppfølging **muliggjør**
 - Tilsyn/oppfølging etter behov/endringer
 - Vurdering av **effekt** etter tiltak
 - Medisinendringer
 - Kostendringer
 - Temperatur
 - Madrass
 - Sengetøy
 - Omgivelser
 -

For mer info:

[Somnofy.com](https://www.somnofy.com)

Vær nysgjerrig!




SOMNOFY[®]
Quantum of Sleep

Tusen takk for oppmerksomheten i dag.

Ta kontakt med meg når du ønsker å høre mer om Somnofy eller annen velferdsteknologi.

Ellen.Myrland@hepro.no

Tlf: 47 67 97 88

HEPRO
- bo lengre hjemme