

## Management of older adult's sleep post-hospitalisation: Are health professional consultations working?



“Did you discuss your sleep with any health professionals you consulted in the last 3 months?”

- No: **1.** “Any particular reason why not?”
- Yes: “Who did you discuss your sleep with?”  
“Who initiated the discussion about your sleep?”  
**2.** “Can you tell me what was discussed in relation to your sleep?”  
**3.** “What was done or decided to address your sleep either by yourself or the health professional?”

### Main Findings:

- 80% of older people with impaired sleep quality (as per PSQI) were not discussing it with a HCP at any time point
- Most participants who did discuss having impaired sleep quality were mostly directed to pharmacological management approaches at each time point despite evidence that non-pharmacological management approaches (including psychotherapy, exercise, and behavioural therapies focusing on sleep hygiene) are just as effective if not more so in the long term that could assist with reducing, minimizing or preventing sleep issues.