

29th October 2013

Mental Health Module

Assignment - SEN/SRN Conversion Course

March 2013 Intake (Course 25)

Title: Sleep Disturbances

Date of Submission - End of April 2014

Sleep disturbances are common in most psychiatric disorders and also amongst the general population.

With reference to literature describe:

- The normal sleep cycle
- Common sleep disturbances
- Non-pharmaceutical interventions that can help relieve sleep disturbances in hospitalised patients.

Length – 1500 to 2500 words

Double line spacing is to be used throughout.

Creativity, proof of correspondence or contact and use of on-line services will be acknowledged and rewarded.

Late submissions will receive at least a lower grade mark.