



QCF Unit and Assessment Specification

Unit title	Provide Support for Sleep
Ofqual Unit code	Y/601/9490
SQA Unit code	FL3D 60
SSC Ref	HSC 2030

History of changes

Publication date: April 2011

Version: 01

Version number	Date	Description	Authorised by

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QCF Unit specification

Title	Provide Support for Sleep	
Level	2	
Credit value	2	
Learning Outcomes	Assessment Criteria	
The learner will:	The learner can:	
1 Understand the importance of sleep.	1.1 Explain how sleep contributes to an individual's well-being.	1.2 Identify reasons why an individual may find it hard to sleep.
	1.3 Describe the possible short-term and long-term effects on an individual who is unable to sleep well.	
2 Be able to establish conditions suitable for sleep.	2.1 Describe conditions likely to be suitable for sleep.	2.2 Minimise aspects of the environment likely to make sleep difficult for an individual.
	2.3 Adjust own behaviour to contribute to a restful environment.	2.4 Describe actions to take if the behaviour or movement of others hinders an individual's ability to sleep.
3 Be able to assist an individual to sleep.	3.1 Explain the importance of a holistic approach to assisting sleep.	3.2 Encourage the individual to communicate the support they need to sleep.
	3.3 Assist the individual to find a position for sleep consistent with their plan of care.	3.4 Support the individual to use aids for sleep in ways that reflect the plan of care and follow agreed ways of working.

Learning Outcomes The learner will:	Assessment Criteria The learner can:
4 Be able to monitor sleep.	4.1 Establish with the individual and others how sleep will be monitored. 4.2 Record agreed observations relating to the individual's sleep and the assistance given.
5 Know how to access information and advice about difficulties with sleep.	5.1 Describe situations in which additional information or assistance about sleep would be needed. 5.2 Explain how to access additional information and assistance.

Additional information about the Unit
Unit purpose and aim(s)
This Unit is aimed at those working in a wide range of settings. It provides the learner with the knowledge and skills required to establish conditions suitable for sleep and support the individual to sleep.
Unit expiry date
31 May 2015
Details of the relationship between the Unit and relevant national occupational standards (if appropriate)
HSC216
Details of the relationship between the Unit and other standards or curricula (if appropriate)
N/A
Assessment requirements specified by a sector or regulatory body (if appropriate)
<p>This Unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles. Learning Outcomes 2, 3 and 4 must be assessed in a real work environment.</p> <p>An individual is someone requiring care or support.</p> <p>Agreed ways of working will include policies and procedures where these exist.</p> <p>Others may include:</p> <ul style="list-style-type: none"> ◆ family ◆ friends ◆ advocates ◆ line manager ◆ health professionals ◆ others who are important to the individual's well-being
Endorsement of the Unit by a sector or other appropriate body (if required)
Skills for Care and Development
Location of the Unit within the subject/sector classification system
1.3 Health and Social Care

Name of the organisation submitting the Unit
EDI
Availability for use
Shared
Availability for delivery
01 April 2011
Guided Learning Hours
13

QCF Assessment specification

Assessment (evidence) Requirements
This information is provided in the accredited Unit specification and should be incorporated in the assessment and/or assessment guidance related to this Unit'.
Guidance on Instruments of Assessment
More information on selecting instruments of assessment can be found in <i>Assessment: A Guide for Centres Offering Ofqual Accredited Qualifications</i> (Publication code: FA5465).