

Unit Title: Provide support for sleep
Unit sector reference: HSC 2030
Level: 2
Credit value: 2
Guided learning hours: 13
Unit accreditation number: Y/601/9490

Unit purpose and aim

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.

Learning Outcomes The learner will:	Assessment Criteria The learner can:	Exemplification
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	An individual is someone requiring care or support
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	

Learning Outcomes The learner will:	Assessment Criteria The learner can:	Exemplification
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	Agreed ways of working will include policies and procedures where these exist
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	Others may include: <ul style="list-style-type: none"> • family • friends • advocates • line manager • health professionals • others who are important to the individual's well-being
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	

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment principles.

This unit is competence based. This means that it is linked to the candidate's ability to competently perform a range of tasks connected with their work. This unit may be assessed using any method, or combination of methods, which clearly demonstrates that the learning outcomes and assessment criteria have been met. This unit requires workplace assessment of occupational competence.

Assessment decisions for competence based learning outcomes (eg those beginning with 'Be able to') must be made in a real work environment by an occupationally competent assessor. Any knowledge evidence integral to these learning outcomes may be generated outside of the work environment but the final assessment decision must be within the real work environment.

Competence based assessment must include direct observation as the main source of evidence.

For this unit, learning outcomes 2, 3 and 4 must be assessed in a real work environment in ways that do not intrude on the privacy of those involved.

Guidance on assessment and evidence requirements

OCR does not stipulate the mode of delivery for the teaching of the content of this unit. Centres are free to deliver this unit using any mode of delivery that meets the needs of their candidates. Centres should consider the candidates' complete learning experience when designing learning programmes.

National Occupational Standards (NOS) mapping/signposting

This unit has been developed by Skills for Care and Development in Partnership with Awarding Organisations. It is directly relevant to the needs of employers and relates to national occupational standards developed by Skills for Care and Development.

As such, the unit may provide evidence for the following national occupational standards in health and social care developed by Skills for Care and Development:

HSC216

NOS can be viewed on the relevant Sector Skills Council's website or the Occupational standards directory at www.ukstandards.co.uk

Functional skills signposting

This section indicates where candidates may have an opportunity to develop their functional skills.

Functional Skills Standards					
English		Mathematics		ICT	
Speaking and Listening		Representing		Use ICT systems	✓
Reading	✓	Analysing		Find and select information	✓
Writing	✓	Interpreting		Develop, present and communicate information	✓

Additional information

For further information regarding administration for this qualification, please refer to the OCR document '*Administrative Guide for Vocational Qualifications*' (A850).

This unit is a shared unit. It is located within the subject/sector classification system 01.3 Health and Social Care.