# Answers to Questions in the Workbook, Chapter 21, Comfort and Rest

**Activity A MULTIPLE CHOICE**

1. b
2. b
3. c
4. a
5. c

**Activity B TRUE OR FALSE**

1. T
2. F. During sleep, the eyes are closed and the muscles are COMPLETELY RELAXED.
3. F. On average, a person completes FOUR OR FIVE sleep cycles during a night’s sleep.
4. T

**Activity C MATCHING**

1. c
2. a
3. d
4. b

**Activity D SHORT ANSWER**

1.

Excessive noise/commotion

Bright lights

Room temperature

2.

Keep noise to a minimum, especially at shift change

Keep your voice low and encourage others to do the same

Avoid calling out to co-workers unless you need help in an emergency

Avoid turning on bright overhead lights as much as possible

3.

Lifestyle changes such as weight loss, avoiding alcohol and smoking, and avoiding certain sleep positions

Use of continuous positive airway pressure (CPAP) therapy

Surgery

**Activity E MULTIPLE CHOICE**

1. d
2. a

**Activity F MULTIPLE CHOICE**

1. b
2. a

**Activity G IDENTIFY AND MARK EACH STATEMENT**

1. N
2. N
3. N
4. V
5. N
6. V

**Activity H CHOOSE THE RIGHT ANSWER**

1. X
2. X
3. X
4. X
5. X

**Activity I MULTIPLE CHOICE**

1. b
2. a
3. c

**Activity J MULTIPLE CHOICE**

1. c

**Activity K SHORT ANSWER**

Exercise may be used to stretch and strengthen the muscles, reducing pain and stiffness.

Ultrasound therapy can be used to cause the tissue to relax and increase blood circulation in the area, reducing muscle tightness and spasms.

Transcutaneous electrical nerve stimulation (TENS) units deliver electrical impulses that help to block pain signals in the body.

**Activity L TRUE OR FALSE**

1. F. People with impaired sensation, such as those who are paralyzed or who have diabetes, are at risk for injury because they are UNABLE to detect whether an application is too hot or too cold.
2. T
3. F. Fair skin tends to be MORE sensitive to temperature changes than darker skin.

**Activity M MATCHING**

1. e
2. d
3. b
4. c
5. a

**Activity N MULTIPLE CHOICE**

1. b
2. a

**Activity O FILL IN THE BLANKS**

1. Pain can be acute or chronic.
2. Common treatments for pain include medication, physical therapy, and heat and cold applications.
3. Factors that can negatively affect a person’s ability to sleep include environmental conditions, pain and other symptoms of chronic conditions, and sleep disorders.
4. Nursing assistants can help patients and residents to get the rest and sleep they need by ensuring a restful environment.
5. Adequate rest and sleep are very important for a person’s overall health and well-being.