

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
Discuss night shift nurse participation in planned rest/nap during a twelve-hour work shift.	Review rest/nap log content and summarize nurse responses during twelve week study.
Discuss changes in night shift nurse fatigue and sleep associated with participation in a planned rest/nap during a twelve-hour work shift.	Review study survey content and summarize six and twelve week nurse fatigue and sleep scores.
Discuss hospital unit medication errors, relief staffing rates and sleep room logistic difficulties associated with night shift nurse participation in a planned rest/nap.	Describe methods used to collect medication errors, relief staffing rates and sleep room logistics and report study results.