

Relation of Posture, Behavioral Patterns and Sleep-wake Rhythm of the Severely Frail Elderly

This study clarified relation of posture, behavioral patterns and sleep-wake rhythm of nursing home residents with deteriorated ADL. The methods utilized were a behavioral tracking survey, a questionnaire survey and observation by actigram. The results are as follows:

- 1) Changes of posture from lying, to sitting on a floor, and to sitting on a chair increased the ratio of awakening state accordingly.
- 2) Physical activity during day and at night can be distinct by having the time of ambulation more than 250 minutes.
- 3) Sleep-wake rhythm is formed regularly by dispersing the time of ambulation for a certain duration in a day.