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.