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The effectiveness of happy nurse care and normal nurse care on sleep disorder in short term

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Many elderly people need care from family and nurse. The rapid increasing number of elderly people demands a huge number of nurses to full fill their care needs. In China, the emergency request is to find an economic and good way to take care of the seniors of China. The research is using the happy care concept to improve the sleeping condition of our elderly people live in Wuxi of China. The happy care concept includes four main core aspects: Yes culture; use or loss; social family and self-independent. The outcomes are around 65% of elderly people in happy care group have an increase on their sleeping duration in 5 weeks clinical trial.

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