

The Role of the Physical Therapist and the American Physical Therapy Association in Sleep Health



HOD P06-20-39-09 [Position]

The American Physical Therapy Association supports collaboration to promote education, research, and practice between physical therapists and sleep medicine professionals to enhance the health and well-being of society.

Physical therapists are part of an interdisciplinary team of licensed health services providers in prevention and management of sleep impairments and promotion of healthy sleep behaviors. The physical therapist's role includes using the best available evidence and standards of practice to:

- Screen for sleep dysfunction;
- Identify impairments related to sleep dysfunction;
- Implement and progress therapeutic interventions to address impairments that interfere with sleep;
- Educate society, patients and clients, caregivers and providers on healthy sleep behaviors and the relationship between sleep, pain, physical activity, function, health, and wellbeing;
- Monitor and, if indicated, manage sleep quality and quantity in patients and clients to enhance physical therapy outcomes; and
- Refer to sleep medicine professionals as indicated.

Explanation of Reference Numbers:

HOD P00-00-00-00 stands for House of Delegates/month/year/page/vote in the House of Delegates minutes; the "P" indicates that it is a position (see below). For example, HOD P06-17-05-04 means that this position can be found in the June 2017 House of Delegates minutes on Page 5 and that it was Vote 4.

P: Position | S: Standard | G: Guideline | Y: Policy | R: Procedure

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