



# Latest Sleep Optimization

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web 2 case study anna case study anna the client anna is a 68 year old asian american woman due to her cultural traditions she has a sense of responsibility to help her 90 year old mother so anna is her mother s primary caregiver she did not want her mother to end up in a nursing facility

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web couc 546 anna case study anna is a 68 year old widowed asian american she lives alone in a condominium she and her husband purchased prior to his death 4 years ago anna has three adult children who live outside her home her oldest daughter lives in the same suburban community while her middle son and youngest daughter both live in

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web case study assignment anna 4 few of those reasons could be that anna may have had some behavioral inhibitions negative affectivity and the loss of her husband an environmental factor that plays a role in this would be the fact that anna is a loving daughter who is the care taker of her 90 year old mother which causes her to worry about her