



## Good Night's Sleep

Alzheimer's

For someone with Alzheimer's disease or another dementia, feeling tired or fatigued can be a difficult part of the day. There are many reasons why the person is not getting good sleep.

### Consider

- Are they over-stimulated from too many activities? Think about stopping television shows and caffeine a couple of hours before bedtime.
- Are they sleeping too much during the day or going to bed too early at night? Set a daily routine to better control sleep/wake. Long naps can help keep the person up later at night.
- Is a medical problem like pain, urinary frequency or mild heart failure causing sleep problems? Speak with your primary care provider about your concerns.

Once you know the "why", you are better equipped to solve the problem!



## Daytime Tips

### Keep a routine

- Try to keep the same wake time
- Offer structured activities and exercise
- Get outside & exposed to sunlight
- Give rest periods throughout the day (30-60 minutes twice a day)
- Limit caffeine intake after 2pm
- Do not give more than one alcohol drink per day

### Cue the senses – It's time to get up!

- **Auditory** - try singing or playing energizing music
- **Visual** - open shades to let light in
- **Smell/Taste** - brew coffee or tea, fry bacon or toast bread

## Nighttime Tips

### Keep a routine

- Keep the same bedtime
- Create evening habits: read a comforting passage, give a massage, or have a cup of decaffeinated tea
- Give a bedtime snack and try a warm glass of milk
- Snuggle with the person, if proper

### Cue the senses – Time for rest

- **Auditory** - turn off the TV and try soft soothing music instead
- **Visual** - close shades, darken the room and put in a night light for safety
- **Smell** - the scent of lavender can be very soothing and help with sleep



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For more information, visit [BannerHealth.com/Alzheimers](https://BannerHealth.com/Alzheimers) or tune in to our podcast, *Dementia Untangled*