



Good Night's Sleep

Alzheimer's

For someone with Alzheimer's disease or a related dementia, managing fatigue can make or break their day and yours. There are many reasons why the person is not getting good sleep.

Consider

- Are they over-stimulated from too many activities? Think about eliminating television shows before bedtime, late day caffeine intake and other disruptors.
- Are they sleeping too much during the day or going to bed too early at night? Manage daily routine to better regulate sleep/wake. Naps can help keep the person up later at night.
- Is a medical issue like pain, urinary frequency or mild heart failure causing sleep disturbances? Speak with your primary care provider about concerns.

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

Daytime Tips

Keep a routine

- Try to be consistent with wake-time
- Provide structured activities, including exercise
- Get them outside & exposed to sunlight
- Encourage rest periods throughout the day (30-60 minutes twice a day)
- Limit caffeine intake after 2pm
- Avoid more than one alcoholic beverage 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

- Try to be consistent with bedtime
- Develop evening rituals: read a comforting passage, give a massage or have a cup of decaffeinated tea
- Give a bedtime snack and consider a warm glass of milk
- Snuggle with the person, if appropriate

Cue the senses – Time for rest

- **Auditory** - turn off the TV and try soft soothing music instead
- **Visual** - close shades, darken the room but provide night lights for safety
- **Smell** - the scent of lavender can be very soothing and promote sleep



Alzheimer's Institute &
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For more information, visit www.BannerAlz.org
or tune into our podcast, *Dementia Untangled*