



Good Night Sleep

For someone with Alzheimer's disease, managing fatigue can make or break their day and yours.

There are many possibilities why your person is not getting good sleep.

Consider:

- Is he/she over-stimulated from too many activities? Think about eliminating TV shows before bedtime, late day caffeine intake, etc.
- Has he/she been 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 if there is a concern.

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

Daytime Strategies:

Keep a routine

- Try to be consistent with wake-time
- Provide structured activities, including exercise
- Get him/ her outside & exposed to sunlight
- Encourage rest periods throughout the day (Try a 30-60 minute nap 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 Strategies:

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