

## SLEEP HYGIENE

CHANGES WITH DEMENTIA	APPROACHES	APPROACHES
<p>Sleep patterns change naturally as we age. Physical changes in the brain that are caused by the dementia affects the “biological clock” that governs the sleep cycle and sleep patterns of daily routines.</p> <p>Chronic conditions that cause pain such as arthritis, back conditions, and neuropathies, etc. can interfere with sleep.</p> <p>Illness such as angina, congestive heart failure, diabetes, etc. can interrupt sleep.</p> <p>Medications such as diuretics (water pills) that increase the need to urinate can interrupt sleep.</p> <p>Depression can result in early waking and the inability to fall back to sleep. Anxiety can interfere with the person’s ability to fall asleep.</p> <p>Lack of awareness of cues in the environment such as darkness, quiet, lack of activity that normally signals it is night time. In some persons, traumatic events earlier in life lead to fear of darkness and/or of going to bed at night.</p> <p>Sensory misinterpretations related to dementia can cause fear eg: curtains blowing against the window or shadows on the wall.</p> <p>“Restless leg syndrome”, leg cramps, sleep apnea can all cause the person to wake up and not be</p>	<p><b>Client centered approaches</b></p> <p>Avoid caffeine completely or limit intake of caffeine to earlier in the day.</p> <p>Diuretics should be taken during daytime to prevent multiple night-time bathroom trips. Restrict fluids in the evening hours.</p> <p>Provide pain medication near bedtime if indicated.</p> <p>Sedatives or tranquilisers are not recommended due to sedating side effects that can increase confusion, drowsiness during the day and increased risk of falls.</p> <p>If a person has always taken comfort from saying a bedtime prayer, prompt this memory at bedtime and see if it helps to settle your loved one.</p> <p>For some, an extra pillow or fuzzy shawl to cuddle is comforting. Others may respond to hearing a book read out loud while they settle into sleep.</p> <p>Try a gentle hand massage to calm and relax your loved one just before bed.</p> <p><b>Caregiver centered approaches</b></p>	<p>Try to prevent over stimulation during the day- especially the afternoon or early evening.</p> <p>Avoid television shows and movies that could be misinterpreted due to sensory and cognitive changes eg: war films and science fiction.</p> <p>Try having the person take a warm bath in the evening (if able) to relax.</p> <p>Maintain a routine – have bedtime at the same time every night and get up at the same time every morning. If possible, pattern this routine on pre-dementia practices.</p> <p>If wakes up in the middle of the night hungry, provide a light snack in the evening to tide them over until morning.</p> <p><b>Environmental approaches</b></p> <p>Floor level night lights may cut down on confusion and provide just enough light for safety but not enough to stimulate.</p> <p>Ensure that the temperature in the room is comfortable for the person and eliminate all unnecessary noise.</p> <p>Try having the radio on softly to provide a relaxing environment.</p>



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<p>able to get back to sleep, or to cause poor quality sleep.</p> <p>Dementia can cause disturbing dreams and decrease Rapid Eye Movement (REM) sleep which contributes to poor sleep experience, and premature wakening.</p> <p>Daytime or evening time napping can result in less need to sleep through the night.</p>	<p>Work with physician and/or pharmacist to determine best time of day to take medications. Some medications can cause drowsiness, so if possible, take in evening. Some may be stimulating, so take in the morning if able</p> <p>Limit day- time naps. Sometimes a nap is needed, so make sure it is short and not too late in the day. Have them nap in a recliner or couch, rather than on the bed.</p> <p>Make sure day clothes, coats, etc. are out of sight.</p> <p>Provide daytime activities and exercise opportunities to induce natural sleepiness</p>	<p>Keep the environment the same. Consistency provides comfort and lessens disorientation.</p> <p>Ensure environment is safe if does wander around at night.</p>
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