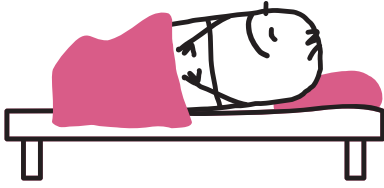


# Sleeping



Sleeping problems are common for people living with Alzheimer's or other dementias. Many people are restless at night and feel tired during the day. Poor sleep can also lead to other health problems.

## WHAT CAN YOU DO?

### KEEP A REGULAR SCHEDULE

- begin each morning at the same time and the same way
- keep them as active as possible during the day-walks, gardening, and other daytime activity is good
- avoid naps later in the day
- make sure to keep the same relaxing routine before bedtime

### OTHER THINGS YOU CAN DO

- provide as much bright light as possible during the day
- if they really want to be up at night, do not force them to be in bed or to sleep
- keep everything quiet and dark at nights
- help them avoid drinking coffee, tea, or soda with caffeine after 2PM
- give less liquids in the evening
- keep a light on in the bathroom to avoid accidents
- massages may help some people

### SPEAK WITH A DOCTOR IF:

- they have pain
- they snore badly
- they go to the bathroom a lot
- they seem very sad or nervous

Don't use sleep medicines of any kind without speaking with a doctor first. Sleep medicines can cause confusion and falls.

## WHY DOES THIS HAPPEN?

*Changes in sleep can happen for many reasons:*

- changes in the brain may cause the body's natural "clock" to change – the body can feel awake during the night and sleepy during the day
- pain from arthritis or other illnesses can wake the person
- the person needs to go to the bathroom
- the person may have problems breathing while they sleep; this can cause loud snoring
- feeling very sad or nervous can wake the person



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