

8. Make Sure The Person Isn't Hungry

- Try a light snack, such as crackers or toast, before bedtime.
- If getting up at night to use the bathroom is not a problem, warm milk or herbal tea can be soothing and may help the person feel sleepy.

9. Prepare The Person For Sleep . . .

- Make sure he or she goes to the bathroom before going to bed.
- Let the person sleep on the couch or in an armchair if he or she refuses to go to bed.
- If changing into pajamas is a problem, let the person sleep in his or her clothes.

10. Create a Familiar Sleeping Area

- A favorite blanket or pillow can help the person feel relaxed.
- Use a night-light in the room to help the person know where he or she is.

How The Midlands Chapter Serves The Community:

The Chapter is a not-for-profit organization of volunteers, laypersons, and health care professionals committed to working together to accomplish our mission.



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Midlands Chapter

Sleeping Through The Night

Practical ways of helping you
better care for an individual with
memory loss and confusion



*Many people with memory loss and
confusion are restless at night.
This brochure contains some simple things
you can do during the day to
help the person you're caring for
have a quiet night's rest.*

24/7 Helpline: 800.272.3900

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**We're here to help
and offer hope.
All day. Every day.**

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1. Eliminate Alcohol; Avoid Caffeine



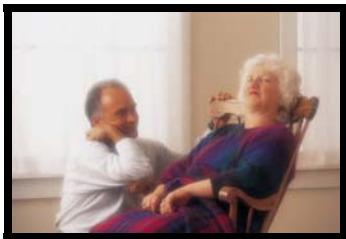
- Alcohol can increase anxiety. Try serving non-alcoholic drinks in cocktail glasses.
- Offer non-alcoholic beer & wine.
- In addition to coffee, many foods and beverages such as chocolate, black tea, and soft drinks have caffeine.

2. Plan a Regular Activity Program

- Make sure the person gets some exercise or is involved in a daytime activity. For example, many people find a ride in the car enjoyable.
- Take a long walk, preferably in the late afternoon.

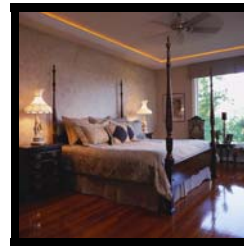
3. Prevent Daytime Napping

- Keep the person active and awake during the day.
- If naps are necessary, keep them short and earlier in the day.
- Try to get the person up earlier if he or she sleeps late.



4. Help The Person Relax

- Try playing soft music at bedtime.
- Avoid upsetting activities before bedtime.
- If taking a bath or putting on pajamas upsets the person, try doing it earlier in the evening or not at all.
- Give the person a relaxing back rub or leg massage.



5. Make It Safe In Case The Person Gets Up

- Make sure the way to the bathroom is softly but clearly lit.
- Keep the area around the bed clear.
- Block stairs, lock doors and window, and lock up dangerous items such as scissors or knives.
- If you sleep in a separate area, consider using a room monitor, such as those used for infants so that you can hear the person.
- Put a commode next to the bed if finding the bathroom is a problem.
- Try gently guiding the person back into bed. He or she may have forgotten that it is time to sleep.

6. Have A Bedtime Routine

- Try to do the same things each night before bed, such as watching TV or listening to music.
- Use the bed only for sleeping, not for other things like reading.



7. Make The Person Comfortable

- Adjust the room temperature to make the person comfortable.
- Have extra blankets available.
- Make sure the person's bed, pillow and night clothes are comfortable.
- With doctor approval, treat pain with aspirin or aspirin substitute at bedtime.
- Ask the doctor to evaluate any medications which may cause sleep disturbances including those that are diuretics.
- Try keeping a diary or log of activities, foods, beverages and medications to help pinpoint the possible causes of sleep trouble.

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