

# SLEEP PROBLEMS IN DEMENTIA

## What are sleep problems?

- Wake up too early
- Have trouble falling asleep
- Wake up in the night
- Staying up all night
- Have very light sleep
- Sleeping too much during the day



## Why do they happen?

- Dementia
- Pain
- Sick or infection
- Hungry or thirsty
- Toilet problems
- Sleeping in a different place
- Too hot / too cold at night
- Not enough sunlight during the day

## What could help?

- Keep respect
- Know their story
- Go to clinic for check up
- Some exercise during the day
- Short sleep in the afternoon
- Keep to a routine
- Limit tea or coffee before bed
- Do quiet things with them before bed
- Familiar place to sleep
- Go back to Country



# SLEEP PROBLEMS IN DEMENTIA

## What are sleep problems?

- Wake up too early
- Have trouble falling asleep
- Wake up in the night
- Staying up all night
- Have very light sleep
- Sleeping too much during the day



## Why do they happen?

- Dementia
- Pain
- Sick or infection
- Hungry or thirsty
- Toilet problems
- Sleeping in a different place
- Too hot / too cold at night
- Not enough sunlight during the day

## What could help?

- Keep respect
- Know their story
- Go to clinic for check up
- Some exercise during the day
- Short sleep in the afternoon
- Keep to a routine
- Limit tea or coffee before bed
- Do quiet things with them before bed
- Familiar place to sleep
- Go back to Country

