

## ALZHEIMER'S CARE CARD #5



### Alzheimer's Disease--Sleep Problems

*"My husband used to get up often at night and was very confused. I finally got him to rest in his recliner in front of the TV and he calmed down and fell asleep. He seems to feel more secure there."*

- Create an atmosphere that encourages sleep. Try a warm bath, soothing music, warm milk, comfortable blankets and pillows, low lighting.
- Be sure the person gets exercise during the day, especially if fresh air is involved, as weather permits. Try to limit daytime naps.
- Limit caffeine intake during the day - switch to decaffeinated coffee, tea or soda. Be sure to take the person to the bathroom just before bed.
- If he becomes restless at night, reassure and coax him back to bed when possible. If restlessness continues, you might try resting him in a comfortable chair with the radio or TV on softly. Some people with AD find a recliner more secure for sleep than a bed.
- Keep the bedtime routine and morning wake-up time part of the person's regular schedule.
- Place a nightlight in the hall and bathroom to provide the person with visual cues to help guide him to the bathroom and back.
- Use medications with caution. Consult with your physician for suggestions on sleep-aids. Some over-the-counter remedies may make the person drowsy during the daytime and disrupt normal sleep/wake patterns.

### Supporting Arkansas Families Since 1984

Alzheimer's Arkansas Programs and Services is an independent non-profit 501(c)(3) organization governed by a local volunteer Board of Directors.

Our services include:

- 24 hour telephone support
- Family and professional education
- Support groups for patients and caregivers
- Financial assistance
- Community awareness presentations
- Monthly newsletter and Lending Library

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