Alzheimer's Care Card #5
Alzheimer's & 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.

Alzheimer's Arkansas Caring for Caregivers 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
- Lending Library
Alzheimer's Care Card #5

Keep bedtime routines and morning wake-up times part of the person's regular schedule.

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 they become restless at night, reassure and coax them back to bed when possible. Some people with Alzheimer's disease find a recliner more comfortable for sleep than a bed.

Place a nightlight in the hall and bathroom to provide the person with visual cues to help guide them 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 day and disrupt normal sleep/wake patterns.

Distributed by:
Alzheimer's Arkansas
201 Markham Center Drive
Little Rock, AR 72205
501-224-0021 or 800-689-6090
www.ALZark.org/CareCards