SLEEP AND DEMENTIA- Part 1

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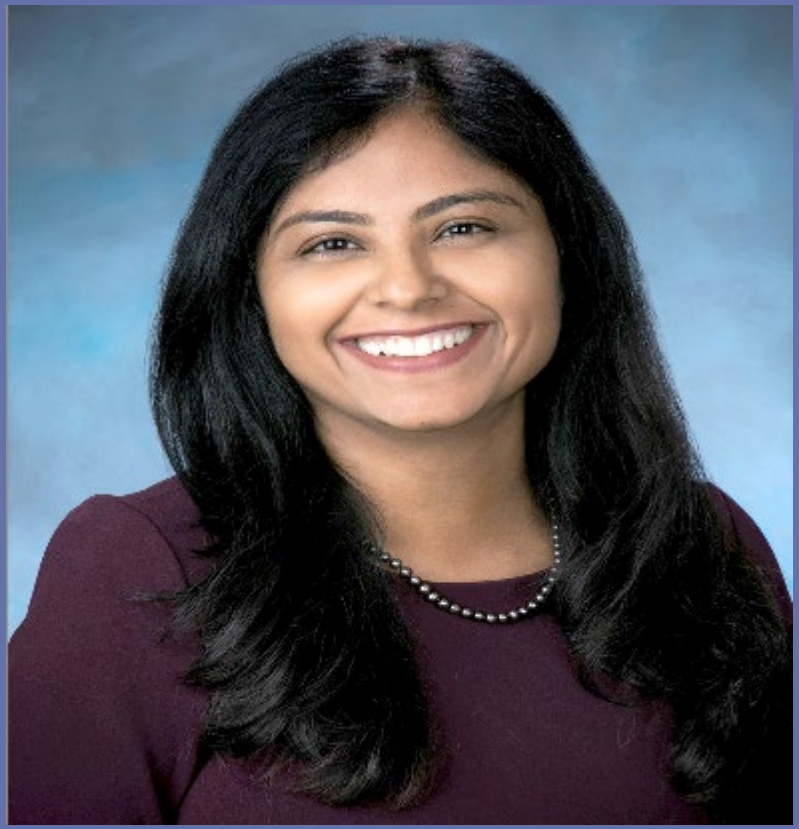
Affiliations and Disclosures

I have no conflicts



Learning Objectives

- Describe the importance of sleep in older adults among persons with dementia
- Learn how sleep works as we age

Sleep and Dementia: Some Facts

- Sleep is a common complaint by persons with dementia(PWD)
- Associated with physical and cognitive decline
- Approximately two thirds of the caregivers of PWD also have sleep issues
- Caregivers sleep is one of the cited reason for institutionalizing the patient

Sleep Pattern- Persons with Dementia

- Qualitatively different in persons with dementia
- Aging and Sleep -Aging tends to increase nocturnal awakenings and decrease the amount of deep sleep we obtain. it is unrealistic to expect to regain the type of sleep you enjoyed as an adolescent or young adult
- Difficulty Sleeping-Wake up more often and stay awake longer. Those who cannot sleep may wander, yell.. ….disrupting the sleep of caregivers
- Daytime Napping- Restless or agitated in late afternoon- Sundowning

Question

How many times a day is your body programmed to feel sleepy?

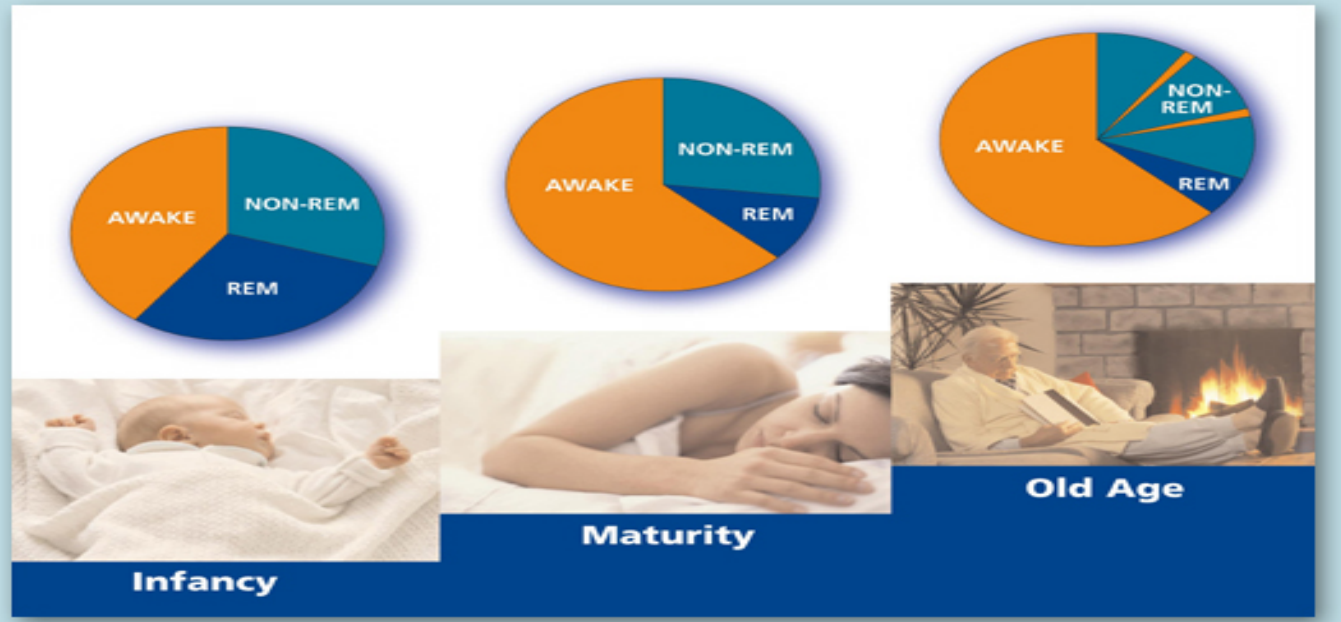
- Primary Period -Midnight and 7 pm
- Second Period- Between 1-4 pm in the afternoon

Stages of Sleep Cycle

NI	N2	N3	REM
Less than 10 minutes	30-60 minutes	20-40 minutes	Most of the dreaming
Light Sleep	Muscles are relaxed	Deep Sleep	Eyes and eyelids flutter
Awakened easily	Slow wave brain activity	Some body movement; Hard to wake up	Occurs after N1,N2,N3

Note : Cycle is repeated 3-4 times each night

Normal Sleep and Normal Aging: Less Deep Sleep



How does sleep work : Circadian Rhythms

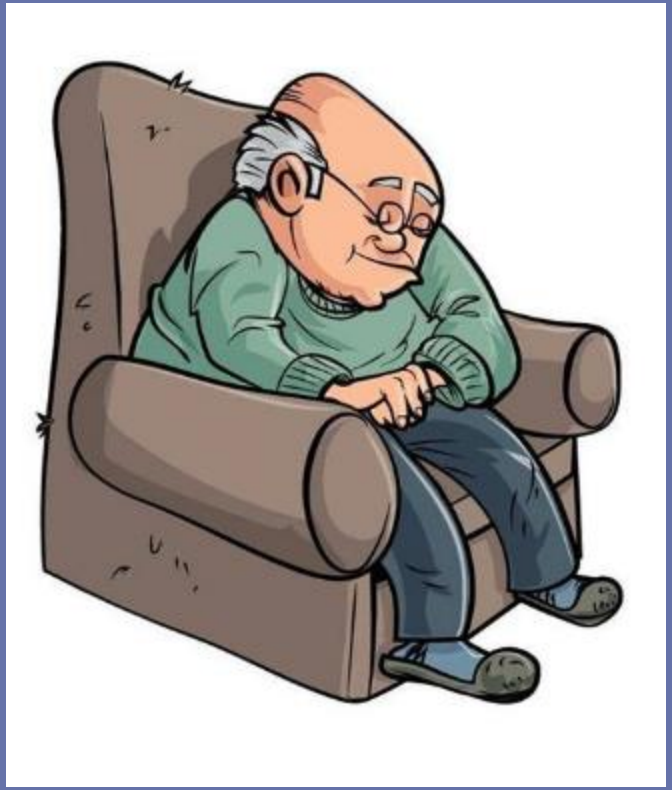
- Different physiological functions have their own circadian 'clock’. These clocks have an influence on each other. For example, as body temperature rises, we tend to be more awake; as body temperature drops, we tend to become sleepier.

- Light is another factor that synchronizes our circadian sleep clock. We are typically awake when it is daytime and asleep when it is dark at night.

- Consistent bed and rising time and reducing daytime sleep periods can help your circadian rhythms be stronger

How does sleep work : Homeostatic Process

- The longer you are awake, the sleepier you become
- Daytime napping, going to bed too early or 'sleeping in' following a poor night's sleep reduces the body's need to sleep at night
- Consistent bed/rising time and reduced daytime sleep



Realistic Expectation About Sleep Patterns

Although most normal adults obtain 6 to 8 hours of sleep per night, some individuals need as little as 3 or 4 hours of sleep to function effectively each day. In contrast, some individuals require 10 to 12 hours of sleep each night and are actually sleep deprived if they obtain only 8.

Evaluation

You may open the survey in your web browser by clicking the link below

https://www.nova.edu/webforms/gwep/index.html