



SLEEP AND DEMENTIA- Part 2

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Affiliations and Disclosures

I have no conflicts



Learning Objectives

- Understand methods to improve sleep
- Summarize Caregiver Sleep study Results

What can we do improve our sleep

- Reduce napping time during the day and having a consistent bed and rising time.
- Some of you already have a standard wake up time but still are getting up multiple times in the night; it will be important over time to try to figure out what is causing these awakenings and see if we can reduce them
- Write it down: Any future tasks or activity that is occupying your brain



Exercise And Impact On Sleep

- Reduces boredom
- Increases muscle strength
- Reduces risk for falls
- Associated with better sleep and mood.
- The U.S. Surgeon General recommends that everyone should ideally exercise 30 minutes



Establish a routine

- Set up an exercise or physical routine.
- Exercising later in the day.
- Make it fun! Are there any exercise buddies in your family or circle of neighbors or friends who could walk with the you?
- Mix it up! Walking, water exercise, riding a stationary bike, or even ballroom dancing.



Light And Impact On Sleep

- *“Bright light” does not necessarily mean being out in the direct sun but can include even just sitting near a window on a sunny day. It can also mean being outside even on cloudy days.*
- *Moving a favorite reading chair or breakfast table near the window.*
- *Making a ritual of going out on the porch or deck for tea at certain time of day.*
- *Engaging in pleasant activities together outside like picking flowers, opening curtains in the house or walking during the day when the sun is out*
- *Bright light box turned on near the chair while they read, watch TV, or eat is an easy way to get additional light exposure.*



Sleep Hygiene

- Milk or a banana. They have the amino acid- tryptophan.
- Sleeping room should be cool and dark. Block out light from blinds or windows
- Use a fan if necessary, to ventilate the bedroom for more comfortable sleeping.
- Do your exercising in the late afternoon. This will help prevent napping in the afternoon
- Electronics should not be in the bedroom.
- A warm bath and read something soothing, not anything that is exciting and stimulating for your brain.
- Avoid caffeine at bedtime, including coffee, tea, soda, and chocolate.

Case Study

Cynthia, 75 years of age, had been living with her 83-year-old partner George for 30 years.

Six Week Caregiver Training Program Research Results

PRE-TEST	POST TEST
6 of 7 caregivers had depression scores suggesting a possibility for major depression .	3 of the subjects had reduced depression scores suggesting improvement .
5 of 7 participants scored “ moderate to severe ” with regards to burden.	Only 1 patient had improvement in their score at the post assessment.
Sleep problems were high	Reduced frequency, severity, and distress associated with sleep

Evaluation

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

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