

# Changes to Sleep with Dementia

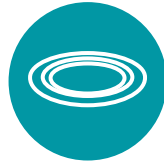


Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Why Dementia Affects Sleep



Changes to Sleep in Dementia



Changes to Sleep in Care Partners

## Key ideas:

- Changes to sleep is a common experience with dementia.
- Changes in sleep vary by type of dementia and by person.



**Many people with dementia experience difficult or disrupted sleep.**

However, not everyone will experience changes to their sleep. Sleep problems may become more challenging as dementia progresses.

Sleep problems are more common among people with Lewy-body dementia, Parkinson's dementia, and Alzheimer's disease. Sleep problems can occur due to changes in areas of the brain that control sleep. Sleep problems may also occur because of movement problems in Parkinson's disease.

Now let's talk about how different types of sleep problems may occur

# Here's how you and your partner's sleep may change

## Sleep challenges that people living with dementia may experience:

- Difficulty falling or staying asleep.
- Increased waking up and wandering at night.
- Sleeping fewer hours or waking-up earlier.
- Increased feelings of tiredness throughout the day.
- Nightmares can be common among people living with Parkinson's dementia or Lewy-body dementia.
- People living with Parkinson's disease or Lewy-body dementia may also fall asleep at inappropriate times.

## Sleep problems among care partners

- Family care partners, especially spouses, can also experience poor sleep.
- Sometimes these sleep disruptions are because of the sleep problems of their partner.
- Sometimes they can be due to worries or anxiety.

## My notes, reflections, and goals:



## How can I get started?

- Consult other DELIGHT resources to find out more about dementia and sleep.
- Visit your healthcare provider to rule out medical causes for sleep disturbances, such as sleep apnea.
- See a professional trained in cognitive behavior therapy to help manage insomnia.

## Where can I find more information?

- <https://tinyurl.com/4ejxtt29>