

# Daily Habits for Better Sleep

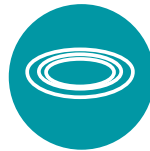


Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



What Sleep Hygiene Is



Creating a Nighttime Routine



Activities to Engage in During the Day

## Key ideas:

- Daily habits impact sleep.
- Avoid foods and activities that disrupt sleep.
- Engage in activities to promote sleep.



## Daily activities impact sleep!

Changes in brain and body can affect sleep. Activities and habits can also influence sleep quality! Regular habits and practices that promote sleep are known as *sleep hygiene*.

There is not enough research to know for sure how effective *sleep hygiene* practices are for people living with dementia, but they are a good place to start.

Now you're ready to learn about sleep hygiene! Let's talk about what you can do daily to improve sleep

# Good sleep hygiene practices that you can try today!

**There are several things you can do in the evening to help create the best possibility for good sleep.**

- Go to bed and wake up at similar times each day.
- Have a consistent nightly routine.
- Find ways to reduce light or noise in the bedroom.
- Try to minimize screen time before bed. Turn off the TV an hour before bed and do other quiet activities.

**There are things you can do during the day to help make your body need sleep.**

- Exposure to the sun is important. It helps remind your body about the differences between day and night.
- Stay active. Go for walks, exercise, or be active in other ways. (This may also mean just getting out in the sunlight!)
- Stay social. This is a way of keeping your brain active too.
- Try to avoid factors that impair sleep such as alcohol, nicotine, and caffeine, especially late in the day.
- Avoid naps if you have problems with sleeping.


**My notes, reflections, and goals:**

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**How can I get started?**

- Develop a bedtime routine.
- Make sure the bedroom is quiet and dark.
- Be physically and socially active during the day.

**Where can I find more information?**

- <https://tinyurl.com/4ejxtt29>
- <https://tinyurl.com/kvra5bnc>