

Strategies for Managing Night-time Wakefulness

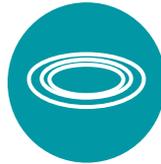


Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Nighttime Wakefulness
in Dementia



Managing Nighttime
Wakefulness



Ensuring Care Partners
Get Sleep

Key ideas:

- People with dementia may wake up and walk around or leave the house.
- Plan ahead to minimize this risk.



People living with dementia often experience sleep disruptions.

This can include difficulty falling asleep. Sleep challenges can also include trouble staying asleep. Not surprisingly, people living with dementia may get up in the middle of the night if they cannot sleep.

Sleep disruptions of the person living with dementia can also disrupt the sleep of their family care partner. They may worry about their family member with dementia. Planning can help manage sleep and safety for both partners.

What can you do to manage night-time wakefulness?

Strategies to manage night-time wakefulness

How to safely manage nighttime wakefulness:

- **Ask the person living with dementia what they need.** They may wake up for a reason, such as needing to use the washroom or an uncomfortable room temperature.
- **Try to be reassuring and calm.** Excitement or frustration can make the person living dementia more alert and awake.
- **Use a sleep diary to record when nighttime wakefulness occurs and what you did the day before.** Pay attention to naps, activity levels, exposure to sunlight, and see if any patterns emerge. Having a full and active day might mean a better nighttime sleep.
- **Ensure safe environment for nighttime wandering.** This will help reduce risk and stress. For example, put a nightlight in the hallway and bathroom. Lock doors and windows. Put a gate at the top and/or bottom of stairs. Put an alarm at the front door.

It is also important for care partners to get enough sleep.

If nighttime wakefulness is common for your partner living with dementia, plan for time to catch up on sleep. Ask a family member or friend to stay over so that you can catch up on sleep, or consider respite care.

My notes, reflections, and goals:



How can I get started?

- Create a safe nighttime environment.
- Plan for help so that both the care partner and person living with dementia can get enough sleep.

Where can I find more information?

- <https://tinyurl.com/4a8mztv2>