

SLEEP ISSUES & SUNDOWNING

8 COPING STRATEGIES

1. MAKE A COMFORTABLE AND SAFE SLEEP ENVIRONMENT.

The person's sleeping area should be at a comfortable temperature. Provide nightlights and other ways to keep the person safe, such as appropriate door and window locks. Door sensors and motion detectors can be used to alert family members when a person is wandering, as can safety systems like Comfort Zone.



1

2



PLAN MORE ACTIVE DAYS.

A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon. Encourage regular daily exercise, but no later than four hours before bedtime.

3. KEEP THE HOME WELL LIT IN THE EVENING.

Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar.



3

4. MAINTAIN A SCHEDULE.

As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.



4

5. BE MINDFUL OF YOUR OWN MENTAL AND PHYSICAL EXHAUSTION.

If you are feeling stressed by the late afternoon, the person may pick up on it and become agitated or confused. Try to get plenty of rest at night so you have more energy during the day.



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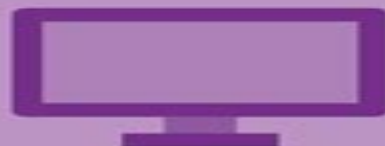
6. AVOID STIMULANTS AND BIG DINNERS.

Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours. Have a large meal at lunch and keep the evening meal simple.



6

7



TRY TO IDENTIFY TRIGGERS.

Limit environmental distractions particularly during the evening hours (TV, children arriving, chores, loud music, etc.).

8. SHARE YOUR EXPERIENCE WITH OTHERS.



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Coping With Sleep Disorders

Jenifer Swanson



Coping With Sleep Disorders:

Coping With Sleep Disorders Carolyn Simpson,1995-12-15 Examines the dangers of inadequate sleep discusses various sleep disorders and problems and offers suggestions on changing habits to improve sleep *An Introduction to Coping with Insomnia and Sleep Problems* Colin Espie,2017-04-06 Poor sleep can have a huge impact on our health and wellbeing leaving us feeling run down exhausted and stressed out This self help guide explains the causes of insomnia and why it is so difficult to break bad habits This updated edition gives you clinically proven cognitive behavioural therapy CBT techniques for improving the quality of your sleep Keeping a sleep diary Setting personal goals Improving your sleep hygiene Dealing with a racing mind Making lasting improvements to your sleeping and waking pattern **Psychosomatic medicine in general hospitals: Cross-disorder and interdisciplinary collaboration** Wenhao Jiang,Yonggui Yuan,Jessica A. Turner,Yuqun Zhang,2023-01-17

An Introduction to Coping with Insomnia and Sleep Problems Colin A. Espie,2011 This new booklet is loosely based on the popular *Overcoming Insomnia and Sleep Problems* An invaluable source of information on the causes of sleep problems this booklet explains why it can be so difficult to break bad sleeping habits and describes the most effective ways of establishing permanently improved sleeping patterns *Achievement Emotions in University Teaching and Learning, Students' Stress and Well-being* Jesus de la Fuente,Douglas F. Kauffman,Meryem Yilmaz Soylu,2022-05-24

Kryger's Principles and Practice of Sleep Medicine - E-Book Meir H. Kryger,Thomas Roth,Cathy A Goldstein,2021-12-16 Offering today s most authoritative comprehensive coverage of sleep disorders Kryger s Principles and Practice of Sleep Medicine 7th Edition is a must have resource for sleep medicine specialists fellows trainees and technicians as well as pulmonologists neurologists and other clinicians who see patients with sleep related issues It provides a solid understanding of underlying basic science as well as complete coverage of emerging advances in management and treatment for a widely diverse patient population Evidence based content hundreds of full color illustrations and a wealth of additional resources online help you make well informed clinical decisions and offer your patients the best possible care Contains new chapters on sleep in intersex and transgender individuals sleep telemedicine and remote PAP adherence monitoring and sleep and the menstrual cycle as well as increased coverage of treatment and management of pediatric patients Includes expanded sections on pharmacology sleep in individuals with other medical disorders and methodology Discusses updated treatments for sleep apnea and advancements in CPAP therapy Offers access to 95 video clips online including expert interviews and sleep study footage of various sleep disorders Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams with more than 950 self assessment questions answers and rationales online Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices **Sleep Disorders** Herbert Ross,Keri Brenner,Burton Goldberg,2000 This comprehensive guide provides safe and sound natural therapies to combat insomnia and

other sleep disorders It examines 12 reasons why you can't sleep or stay asleep **Sleep Disorders** Henry Kellerman,1981

How to Cope with Sleep Problems Celia Warin,MIND (Mental health association) Staff,2014 *Coping with Sleep Issues* Ester Leutenberg,John J. Liptak,2017-07 The Coping with sleep issues workbook provides assessments and self guided activities to help participants learn useful ways to explore find support and ways to cope effectively with problems and disorders related to sleep Introduction page iii **Sleep Disorders Sourcebook** Jenifer Swanson,1999 This Sourcebook will help readers identify symptoms of major sleep disorders including insomnia sleepwalking sleep apnea restless leg syndrome narcolepsy and their treatment options It describes sleep requirements sleep changes through the lifespan sleep medications and the cost of sleep deprivation to society BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved **Cancer Caregiver's Depression and Sleep Disturbances** Patricia Ann Carter,1999

A System of clinical medicine dealing with the diagnosis, prognosis, and treatment of disease Thomas Dixon Savill,1912

A System of Clinical Medicine Dealing with the Diagnosis, Prognosis, and Treatment of Disease: Certain general disorders; diseases of the skin and the nervous system Thomas Dixon Savill,1905 Sleeping Through the Night, Revised Edition Jodi A. Mindell,2005-03-15 Right after Is it a boy or a girl and What's his/her name the next question people invariably ask new parents is Are you getting any sleep Unfortunately the answer is usually Not much In fact studies show that approximately 25% of young children experience some type of sleep problem and as any bleary eyed parent will attest it is one of the most difficult challenges of parenting Drawing on her ten years of experience in the assessment and treatment of common sleep problems in children Dr Jodi A Mindell now provides tips and techniques the answers to commonly asked questions and case studies and quotes from parents who have successfully solved their children's sleep problems Unlike other books on the subject Dr Mindell also offers practical tips on bedtime rather than middle of the night sleep training and shows how all members of the family can cope with the stresses associated with teaching a child to sleep *Sleep Disorders Medicine* Sudhansu Chokroverty,1999 Sleep Disorders Medicine Second Edition is a comprehensive textbook on the fundamental aspects of the science of sleep the technical methods of recording for diagnosis and classification of sleep disorders and a clinical approach to patients with sleep complaints Also emphasized are in depth descriptions of a variety of sleep disorders and sleep disturbances following neurologic medical and psychiatric events The book uses a multidisciplinary approach and is valued for its manageable size *WHO Guide to Mental and Neurological Health in Primary Care: A Guide to Mental and Neurological Ill Health in Adults, Adolescents and Children, 2nd Edition* Rachel Jenkins,2004-03-02 Adapted for the UK with permission from Diagnostic and management guidelines for mental disorders in primary care ICD 10 chapter V primary care version **Sleep Disorders** Barbara Sheen,2013-03-01 A sleep disorder is a condition that affects normal patterns of sleep and wakefulness Although sleep disorders are not new modern life seems to be intensifying the problem Round the clock work schedules globalization of commercial markets stores that never close television and the Internet have

all contributed to people sleeping less Americans averaged nine hours of sleep per night in 1910 Today they average only 6 5 hours This well researched and up to date book offers readers a thorough overview of the many types of sleep disorders and how they are currently being treated It talks about how people live and cope with sleep disorders It also looks at current trends in sleep research This resource includes a glossary sources for further research and a thorough subject index

Sleep Disorders Sourcebook Amy L. Sutton,2005 Provides basic consumer health information about diagnosis treatment and management of various sleep disorders and sleep problems related to disease Includes index glossary of related terms and other resources Provided by publisher Principles and Practice of Sleep Medicine Meir H. Kryger,William C. Dement,1994 Revised and updated to include all the latest developments in the advancing field of sleep medicine this book covers the basic sciences as well as sleep pathology in adults New coverage on psychiatry circadian rhythms cardiovascular diseases and sleep apnoea treatment and diagnosis

Whispering the Techniques of Language: An Psychological Journey through **Coping With Sleep Disorders**

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