

Sleep Disturbances

<p>Identify the Problem</p>	<p>PROBLEM: Sleep Disturbances (waking you or other family members up at night)</p> <p>GOAL/EXPECTED OUTCOME: To reduce sleep problems through non-pharmacological approaches</p>
<p>Educate Yourself</p>	<p>ASSESS FURTHER:</p> <p>Understand the possible triggers of the problem:</p> <ul style="list-style-type: none"> • Is the person napping throughout the day? • Does the person have too little physical activity during the day? • Is the person in pain or discomfort that may lead to awakening? • Is the temperature of the room uncomfortable? • Is there alcohol consumption or a medication that could cause rebound awakening? • Is the person taking diuretics in the afternoon or evening? • Is the person consuming caffeine? • Is the person going to bed too early? • Does the person need to go to the bathroom frequently? • Has the person always been more awake at night time? Did the person always work a night shift? <p>Understand the possible meaning of the problem to the person with Alzheimer's:</p> <ul style="list-style-type: none"> • Does the person feel frightened when he/she wakes up? • Does it bother the person to be up and active at night? <p>Understand the possible meaning of the problem to the caregiver:</p> <ul style="list-style-type: none"> • Does the caregiver feel frustrated? • Does the caregiver feel tired during the daytime? • Does the caregiver feel the person is unsafe to be up and alone at night?
<p>Adapt</p> <p>Problem solve with interventions and actions</p>	<p>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</p> <ul style="list-style-type: none"> • Follow sleep hygiene suggestions: <ul style="list-style-type: none"> ○ Limit daytime naps to 15 – 30 minutes and before 3 p.m. ○ Sleep in bed, not on couches ○ Create a bedtime routine ○ Only wear pajamas at night • Create an appropriately active and structured daytime schedule, including exercise • Consider enrollment in CBAS • Check temperature of room • Check to make sure noise is limited (such as from a TV or other appliances) • Avoid stimulants and diuretics after 3 p.m. (unless provider prescribed otherwise) • Leave a night light in the bathroom and in the bedroom if this is comforting • Consider soft music • Consider a comforting object such as a small stuffed animal

	<p><u>CLINICAL SUPPORT:</u></p> <ul style="list-style-type: none"> • Refer to PCP to assess if medical or psychiatric conditions are present and interfering with sleep • Speak to PCP about pain management if needed • Speak to PCP/pharmacist about medications that may be interfering with sleep and to evaluate medication list and schedule (to minimize sleeplessness at night)
	<p><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></p> <ul style="list-style-type: none"> • Listen empathically to caregiver and evaluate for level of distress • Refer to CBAS for structured daytime activities • Refer to respite services • Refer to Alzheimer's Greater Los Angeles for support groups, disease education, and care consultation <ul style="list-style-type: none"> ○ ALZ Direct Connect referral ○ Provide 24/7 Helpline #: 844.HELP.ALZ 844.4357.259 ○ Website: www.alzcla.org • Send literature: <ul style="list-style-type: none"> ○ Topic Sheet – "Sleep Issues"
	<p><u>FOLLOW UP:</u></p> <ul style="list-style-type: none"> • Schedule a phone call with caregiver to discuss outcomes and provide additional support
	<p><u>NOTES:</u></p> <hr/> <hr/> <hr/> <hr/>