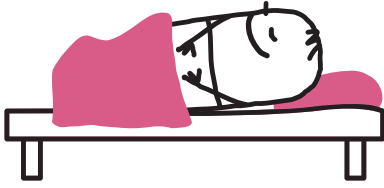


睡眠

SLEEPING



為什麼會發生這種情況？

睡眠發生變化有很多原因：

- 大腦發生變化可能引起身體自然時鐘的變化 – 身體可能在夜晚感覺清醒，在白天感覺困倦
- 關節疼痛或其它疾病可能造成失眠
- 需要去上廁所
- 睡眠時呼吸問題可能引起大聲打鼾
- 憂傷和緊張會引起失眠



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Traditional Chinese

患有阿茲海默症 (疾病) 或其它失智症 (癥狀) 的人普遍存在睡眠問題. 很多患者晚上無法入睡, 白天感覺困倦. 失眠也會導致其它健康問題.

您可以做些什麼？

維持規律生活習慣

- 早上以相同時間和作息開啟每天的生活
- 白天盡量保持活躍 - 散步, 園藝以及其它日間活動都有助於夜間良好睡眠
- 避免白天太遲午睡
- 最好養成及保持每晚睡覺前的放鬆習慣

其它可以做的有助於睡眠的事情

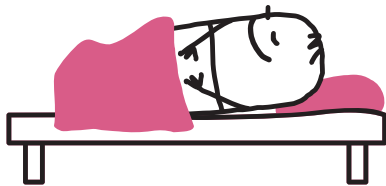
- 白天盡量多處在亮光下
- 如果患者夜間不想睡, 不要強迫他們上床睡覺
- 晚上保持環境安靜和黑暗
- 下午兩點後避免飲用含咖啡因飲料如咖啡, 茶, 巧克力, 以及汽水
- 晚間少喝水和飲料
- 廁所留燈避免意外事故
- 按摩能幫助入睡

如有以下情形需要和醫生談

- 患者有疼痛
- 患者打鼾嚴重
- 患者頻繁去上廁所
- 患者看起來悲傷或者緊張

在和醫生討論睡眠困難前, 不要自己服用任何安眠藥, 安眠藥可能會引發困惑和跌倒風險.

Sleeping



Sleeping problems are common for people living with Alzheimer's or other dementias. Many people are restless at night and feel tired during the day. Poor sleep can also lead to other health problems.

WHAT CAN YOU DO?

WHY DOES THIS HAPPEN?

Changes in sleep can happen for many reasons:

- changes in the brain may cause the body's natural "clock" to change – the body can feel awake during the night and sleepy during the day
- pain from arthritis or other illnesses can wake the person
- the person needs to go to the bathroom
- the person may have problems breathing while they sleep; this can cause loud snoring
- feeling very sad or nervous can wake the person

KEEP A REGULAR SCHEDULE

- begin each morning at the same time and the same way
- keep them as active as possible during the day-walks, gardening, and other daytime activity is good
- avoid naps later in the day
- make sure to keep the same relaxing routine before bedtime

OTHER THINGS YOU CAN DO

- provide as much bright light as possible during the day
- if they really want to be up at night, do not force them to be in bed or to sleep
- keep everything quiet and dark at nights
- help them avoid drinking coffee, tea, or soda with caffeine after 2PM
- give less liquids in the evening
- keep a light on in the bathroom to avoid accidents
- massages may help some people

SPEAK WITH A DOCTOR IF:

- they have pain
- they snore badly
- they go to the bathroom a lot
- they seem very sad or nervous

Don't use sleep medicines of any kind without speaking with a doctor first. Sleep medicines can cause confusion and falls.



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