



# When Sleep Becomes a Struggle





# Sleepless Nights Are Common

Changes in the brain disrupt sleep cycles. Your loved one isn't choosing this.

You're not alone in those long nights.



## Brain Changes

Sleep cycles are disrupted by neurological changes



## Not By Choice

Your loved one isn't choosing to have disturbed sleep



## Shared Experience

Many caregivers face similar challenges with night-time care

# Build a Gentle Evening Routine

## Dim lights an hour before bed

Reducing light helps signal the brain that it's time to sleep

## Play calming music

Gentle melodies can help soothe and prepare for rest

## Light snack, warm drink

A small nutritious snack and warm caffeine-free beverage can promote comfort







# Daytime Movement Helps Nighttime Sleep

## Gentle exercise in the morning

Light physical activity helps regulate the body's natural sleep-wake cycle

- Short walks
- Seated stretches
- Simple movement exercises

## Natural daylight exposure

Sunlight helps maintain healthy circadian rhythms

- Morning sunlight is most effective
- Even sitting by a window helps
- Aim for 30 minutes when possible

# Limit Naps and Stimulation

## Avoid long or late naps

Short naps (15–30 minutes) earlier in the day are better for nighttime sleep

## Cut caffeine after noon

Caffeine can remain in the system for 6–8 hours, disrupting evening sleep

## Keep evenings quiet

Reduce noise, visitors, and stimulating activities as bedtime approaches



# Bedroom Setup Matters



## Keep it dark, quiet, and cool

Create an environment that promotes restful sleep with blackout curtains and comfortable temperature



## Use nightlights for safety

Soft, warm-toned nightlights help with navigation without disrupting sleep



## Remove distracting clocks or mirrors

These items can cause confusion or fixation during the night





# When They Wake at 3 AM



**Reassure calmly: "It's still nighttime. Let's rest."**

Simple, direct reassurance helps reorient and calm



**Sit quietly with them**

Your presence can provide security and comfort



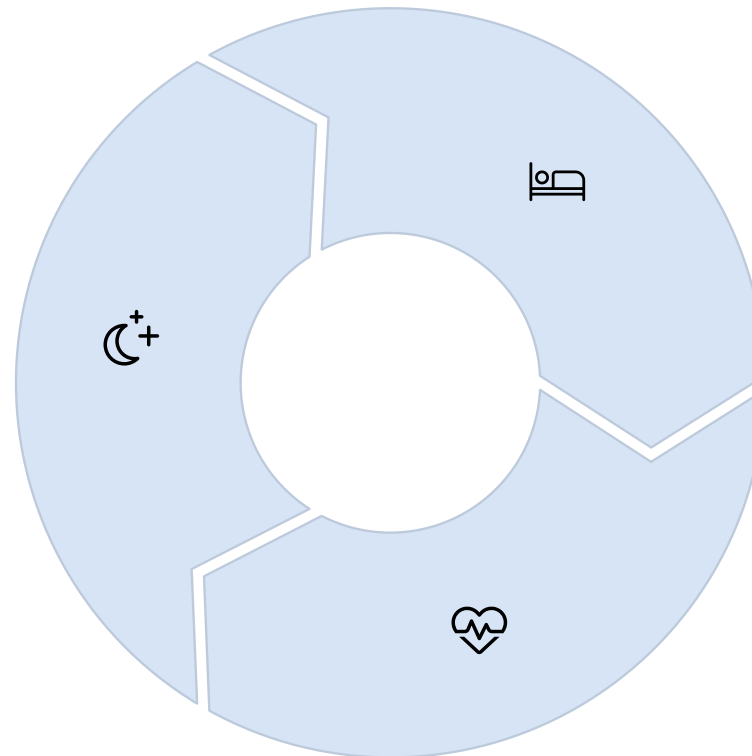
**Offer a simple comfort: water, blanket, music**

Small comforts can help ease the transition back to sleep

# Accept What You Can't Control

**Some nights will just be hard**

Acceptance can reduce frustration and stress



**Rest when they rest during the day**

Take advantage of quiet moments for your own rest

**Practice self-compassion**

You're doing your best in a challenging situation



# Don't Go It Alone



## Ask a friend for a break

Even a short respite can help restore your energy

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## Rotate with family if possible

Sharing responsibilities prevents burnout

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## Consider respite care options

Professional help can provide needed relief

# Ask Navigate Dementia

