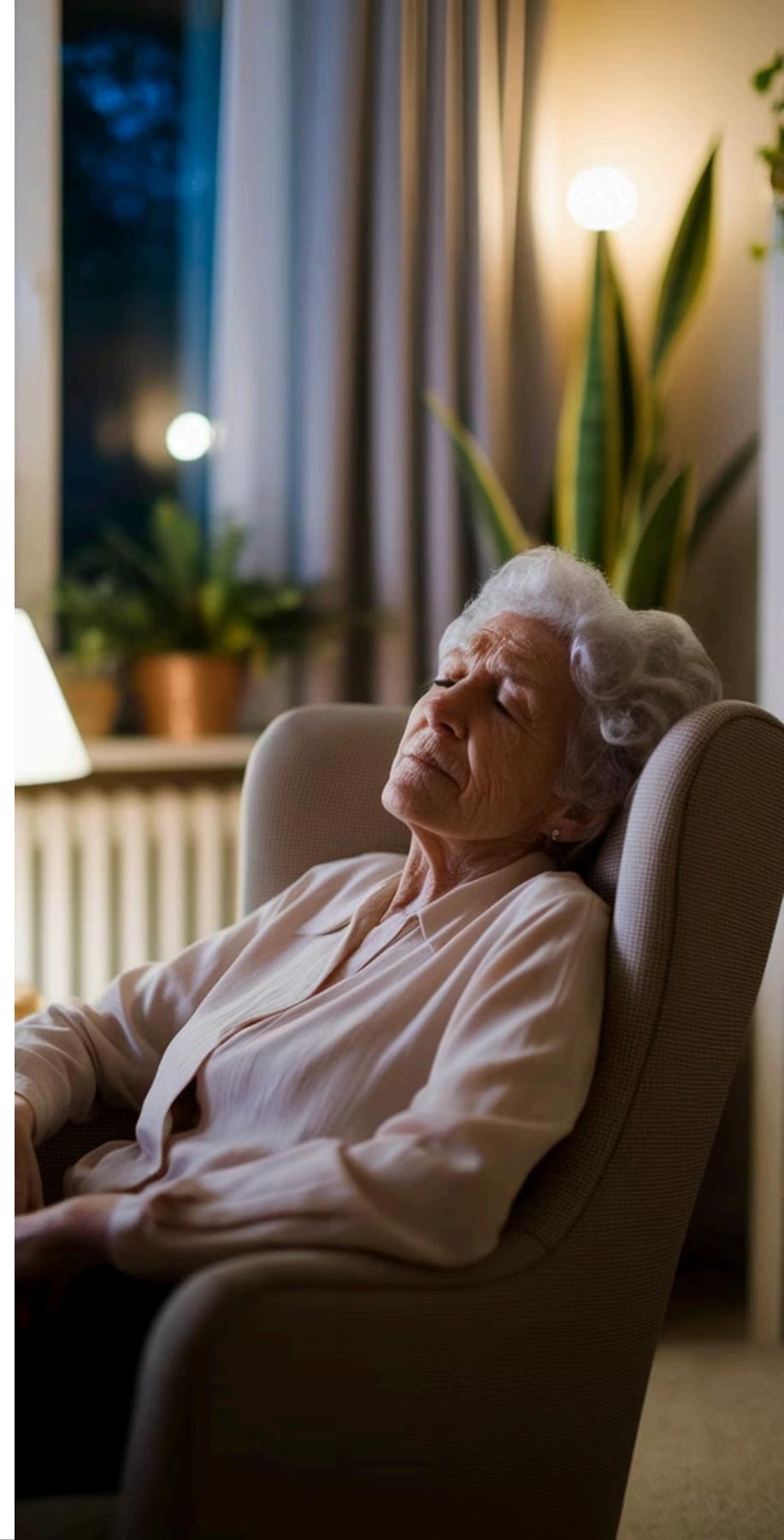




When Sleep Becomes a Struggle





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

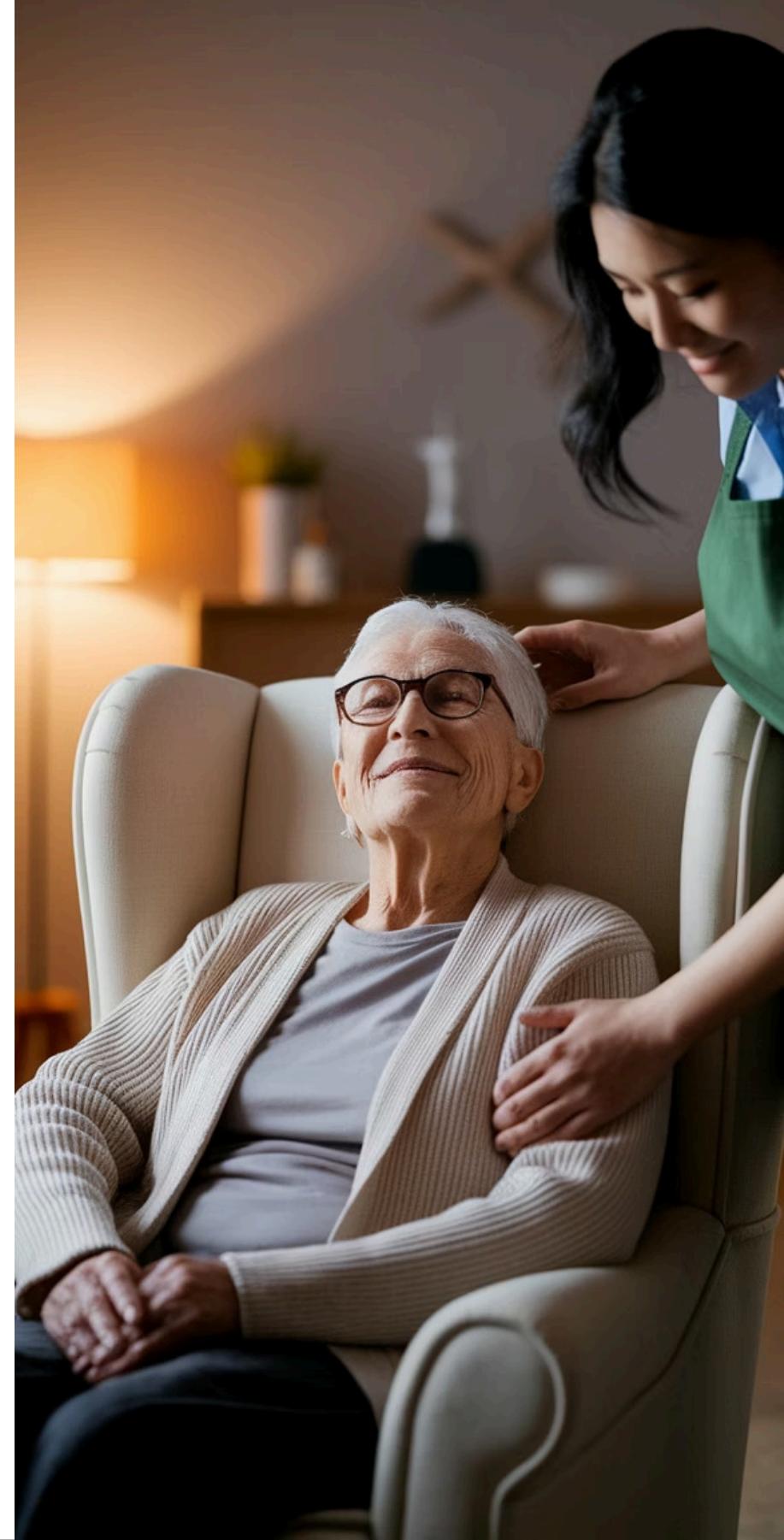
Reducing light helps signal the brain that it's time to sleep

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

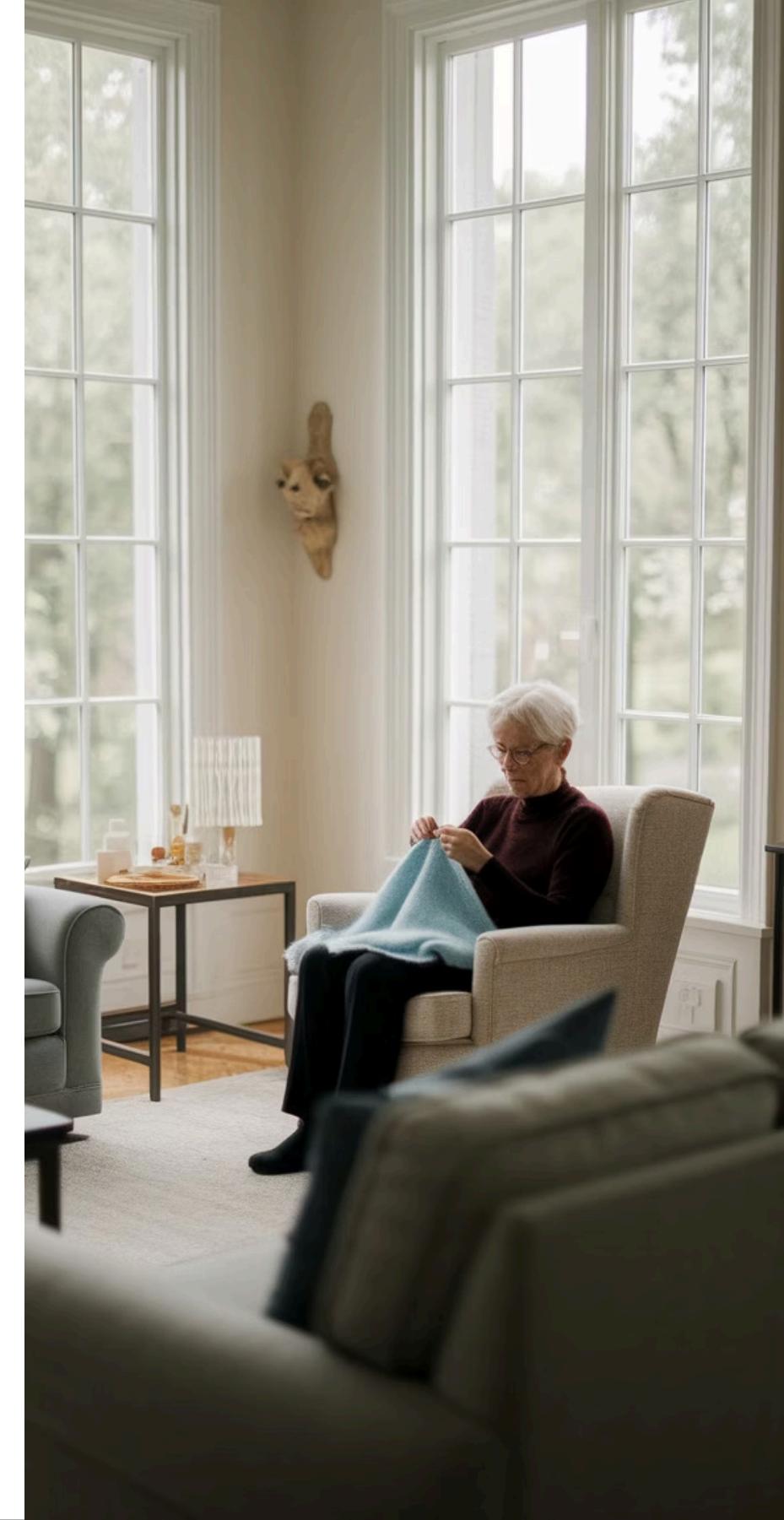
Short naps (15–30 minutes) earlier in the day are better for nighttime sleep

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



Rotate with family if possible

Sharing responsibilities prevents burnout



Consider respite care options

Professional help can provide needed relief

Ask Navigate Dementia

