**Dementia: Supporting Sleep**

**Multiple Choice**

A lack of sleep can affect an individual’s:

ability to learn and retain information

judgement

mood

all of the other answers

To support a person living with dementia, it is essential that staff learn about their sleep routine:

before they come into care

after they come into care

as a child

Being a light sleeper means that you:

wake often and spend less time in a deep, refreshing sleep

wake often, but enjoy a deep, refreshing sleep

cannot get to sleep

are sleepy all the time

Individuals living in care homes benefit from sunlight exposure between the hours of:

0800 and 1000

1000 and 1200

1200 and 1400

1400 and 1600

A person experiencing gastrointestinal reflux or shortness of breath may benefit from:

extra pillows under their head and neck

less pillows under their head and neck

a softer mattress

a harder mattress

A person’s bed should be:

soft enough to be comfortable

firm enough to support the body

set at the correct height for them to get out of bed safely

all of the other answers

**True/False**

As we age, our sleeping patterns change. True

For individuals living with dementia, it is usually easier to fall asleep. False

Adequate pain relief can help a person living with dementia to have a better night’s sleep. True

The ensuite door to the bathroom should be kept closed at night. False

If the dining table is already set for breakfast, this can cause confusion for individuals who get up during the night. True

**Fill the Gap**

A lack of sleep \_\_\_\_\_\_\_\_\_ the risk of serious accidents and injury.

can increase

can decrease

has no impact on

Spending \_\_\_ minutes outside in the sunlight can adjust a person’s body clock and aid sleep.

5

10

15

Ideally, naps should be taken \_\_\_\_\_\_\_ the day.

earlier in
later in

at the end of

A warm bed in a \_\_\_\_\_\_\_\_\_ room is the best combination for a person’s comfort.

cool

warm
hot

During the night, always approach individuals from the \_\_\_\_\_\_, so as not to startle them.

front

back

side