

Essential Assessment

Dementia: Supporting Sleep

Name:

Date:

Please return your completed assessment to your coordinator. Thank you.

Part A

Select if the statement is *TRUE* or *FALSE*.

1. For individuals living with dementia, it is usually easier to fall asleep.
True False
2. As we age, our sleeping patterns change.
True False
3. Adequate pain relief can help a person living with dementia to have a better night's sleep.
True False
4. If the dining table is already set for breakfast, this can cause confusion for individuals who get up during the night.
True False

Part B

Select the *MOST CORRECT* answer from the options below each question.

1. A lack of sleep can affect an individual's:
A. ability to learn and retain information
B. judgement
C. mood
D. all of the other answers

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2. Being a light sleeper means that you:
- A. are sleepy all the time
 - B. wake often, but enjoy a deep, refreshing sleep
 - C. wake often and spend less time in a deep, refreshing sleep
 - D. cannot get to sleep
3. A person experiencing gastrointestinal reflux or shortness of breath may benefit from:
- A. extra pillows under their head and neck
 - B. les pillows under their head and neck
 - C. a harder mattress
 - D. a softer mattress

Part C

Select the MOST CORRECT word or phrase to complete the sentence

1. A lack of sleep the risk of serious accidents and injury
- A. can decrease
 - B. has no impact on
 - C. can increase
2. Spending minutes outside in the sunlight can adjust a person's body clock and aid sleep.
- A. 5
 - B. 15
 - C. 10
3. A warm bed in a room is the best combination for a person's comfort.
- A. hot
 - B. warm
 - C. cool

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