

Quick Reference Guide

Dementia: Supporting Sleep

Consider Unmet Needs

- Is the person experiencing pain?
 - Are items of comfort in sight and in reach?
 - Are they feeling fearful?
 - Are they comfortable in bed?
 - Is the room at the right temperature to suit the individual?
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Strategies

- Close curtains and blinds
 - Staff might wear night clothes
 - Gradually decrease activity at night time
 - Display clocks to show time of day
 - Get to know individual preferences & routines
 - Offer bathing at night time as this might be more familiar to them
 - Reduce noise from staff, phones, and buzzers
 - Encourage day time naps at a suitable time
 - Put daytime clothes out of sight
 - Support the individual to be awake at night if this their preference
 - Ensure easy access, adequate lighting, and signage of the bathroom, in case individuals need the toilet in the night
 - Ensure bedroom furniture is arranged how the individual likes it
 - To support their sleep cycle, let natural morning light wake them
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Share

- Share successful strategies with colleagues
 - Ensure care plan is updated to reflect success
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DISCLAIMER:

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