

Better sleep

Supporting those with dementia Night-time checklist

SETTING THE ROOM – (DONE BEFORE THE PERSON YOU ARE CARING FOR ENTERS)

- Close the curtains and turn on soft lights.
- Adjust the room to a comfortable temperature for the person you are caring for.
- Place an easy-read clock to help with orientation during the night.
- Remove TVs, smartphones or any blue light-emitting devices.
- Choose a book or play soothing music for relaxation.
- Turn on a night light if needed.

PERSONAL CARE BEFORE BED

- Take a warm bath or shower or alternatively, use a hot water bottle or cosy blanket.
- Wear comfortable nightwear and slippers that suggest bedtime.
- Assist with a bathroom visit before bed.
- Use appropriate incontinence products if needed.

IMPORTANT INFORMATION

- Sleeping tablets increase fall risk and may have unwanted side effects.
- Melatonin is not recommended for people with dementia.

PERSONAL CHECK LIST

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