

## i Know . . .

- Ability to sleep changes with age
- The sleep-wake cycle changes so there is decreased total sleep time, more time spent in bed not sleeping, and increased napping
- Most common sleep problem is being easily awoken followed by long periods of wakefulness
- Lack of /poor sleep can affect quality of life, cause health decline, increase falls, and admission to long-term care
- Dementia, chronic illnesses, mental health conditions, pain, medications (incl. over-the-counter) and environment affect sleep
- Sleep medication can cause falls, delirium, decline in ADLs
- Maintaining good sleep habits is important

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More information  
[www.rgpc.ca](http://www.rgpc.ca) or  
<http://gtic.rgps.on.ca>



## The Pocket Docket

Smart Care for Personal Support Workers  
Caring for Older Adults

## Sleep Hygiene

### i See . . .

- Complaining of feeling tired
- Spending more time in bed
- More naps during the day
- No or little daytime activity
- Pets on the bed at night
- Eating; drinking caffeine, fluids or alcohol; and/or smoking in late evenings or before going to bed
- Limited exposure to bright light during the day
- Takes medications that may be affecting sleep
- Overactive before going to bed
- TV watching in bed or before going to bed
- Complaining of anxiety, feeling depressed
- Lots of noise outside bedroom
- Bed and/or room is uncomfortable (too hot or cold temperature-not restful)
- Sleeping in different places (not always in bed)



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## i Tell ...

### Reporting & Documenting

- Problems sleeping, tiredness, sleep awakenings, increased napping or negative behaviours
- Too much activity such as wandering
- Complaints of pain or restless legs
- Voiding during the night

### TIPS

- Keeping a sleep diary helps to sort out what might be interfering with sleep
- Reduce anxiety by creating a comfortable environment and talking about concerns
- Avoid clock-watching
- Go to bed only if feeling sleepy, get up if can't sleep

### i Share ...

**We'd like to hear from you !**

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## Sleep Hygiene

### i Do ...

Once asleep, older adults can be awoken very easily and have difficulty returning to sleep

- Review the plan of care for sleep-wake and activity-rest cycles
- Encourage regular bedtime and rising times
- Create best possible environment for sleep: quiet and dark room, comfortable temperature, main lights off (nightlight only), turn TV off, pets off bed, sleep in bedroom
- Offer backrub, warm drink, hot bath/shower before bed
- Restrict food, fluids, caffeine, smoking before bedtime
- Toilet before going to bed
- Avoid awakening at night to provide direct care
- Reduce number of naps (max 30 minutes & no naps after 2pm)
- Obtain bright light exposure daily-window, outside, bright areas
- Encourage using relaxation 30 minutes before bed
- Reduce time in bed if just lying around
- Increase daytime activity and discourage daytime sleeping



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