

DREAMS: START

Dementia Related Manual for Sleep: Strategies for Relatives

Data from the watch

We have now analysed the data from the watch we gave out for two weeks when you joined the study and show the traces from it over the page.

- Light is shown by yellow lines (0-2000 lux). The higher they are the more light there was.
- Movement is shown by black lines (0-5000 activity counts). The higher they are the more movement there was.
- The blue lines mark when the button was pressed (to indicate bed and wake times).

We were therefore able to see how much light per day [the person wearing the watch] was exposed to. This was the right amount / not enough light. (Only if not enough: We would recommend they need quite a lot / a little more). The strongest light is natural light outside. The amount of indoor light can be increased by ensuring curtains are open, windows are clean and you sit in a bright room.

We also use movement to work out when someone is asleep. From this we were able to work out what is known as sleep efficiency. This is how much of the time someone is asleep when they are in bed.

The watch indicated that the average time in bed was XX hours XX minutes, the time asleep XX hours XX minutes, and the time awake XX minutes / XX hours XX minutes. [Say something about the sleep pattern.] Sleep efficiency was XX.X%. This is enough. / We would recommend that this is increased. [Add a sentence here about napping too, if relevant]

Improving sleep efficiency/sleep patterns can be done by:

- 1) Stopping or reducing daytime naps;
- 2) Delaying the start of sleep by going to bed later;
- 3) Increasing activity during the day;
- 4) Increasing light during the day and reducing light during the night.

There are more tips on page 3.

If you have any questions you can contact: X on XXXXXXXXXXXX

[Insert watch data – activity & light - on this page (5 examples)]

Best night

Worst night

Average nights

Good sleep guide

Sleep problems are quite common in people living with dementia.

The causes of sleep problems can be complicated, but by using the tips below you may notice some differences in your relative's sleep or your own sleep.

Small changes can make a difference, but they may need to be used over a number of weeks to see if they help.

In the day

1. Try to help your relative get up at the same time every day for them to get into a sleeping routine.
2. Try to avoid your relative sleeping in the day so they will sleep better at bedtime.
3. Try to help them get outside in the day, particularly in the morning, as outdoor light can help with sleep.
4. If you can, combine going outside with being active as this can also help.

In the evening

1. Encourage your relative to have an evening routine to help them relax. This could include having a warm (caffeine free) milky drink, a warm bath, or listening to soothing music.
2. Discourage your relative from drinking coffee or tea after 6pm.
3. Alcohol at night can upset sleep so discourage your relative from drinking after 7pm.

At bedtime

1. Make sure the bed and bedroom are comfortable - not too cold or too warm. A low cost thermometer, can help you know whether the temperature is right.
2. Make the bedroom quiet (e.g. have the TV on only when not in bed).
3. Make the bedroom as dark as possible. You could use a plug-in night light that gives enough light to see, but is not too bright.