

Check List (DREAMS) session 1

Facilitator Name: _____

Assessor Name: _____

Date: _____

Introduction	
All information covered (Inc. key point) or if not , an explanation is given for why not covered.	
What to expect	
All information covered	
Outline that carer will put strategies in place during each week	
Sleep and dementia	
All information covered	
Discuss carer quotes	
Facilitate discussion and create list of sleep problems the person living with dementia maybe experiencing	
What is sleep?	
Facilitate discussion of talking point: What do you notice happening to you and your relative when you don't get a good night's sleep?	
All information covered	
Outline diagram	
How does sleep work?	
All information covered (Inc. Key Point)	
Outline diagrams and checked that they have understood. If not, clarify.	
Why is sleep important?	
All information covered	
Facilitate discussion of talking point: Did your relative have problems sleeping before the diagnosis, if so, what helped then?	
What causes sleep problems in dementia?	
All information covered	
Facilitate discussion of <i>talking point: What do you think may trigger the problems you mentioned on p.11</i>	

Making changes to improve sleep	
All information covered	
Discuss lifestyle and bedroom environment factors impact on carer and relative	
Facilitate lifestyle/ bedroom environment changes for the relative	
The impact of sleep problems on you and your relative	
All information covered (Inc. Key point)	
Discuss carer quotes	
Facilitate discussion around sleep problems and which problems are deemed most distressing for both carer and relative	
Managing the stress of sleep problems	
All information covered (Inc. Key point)	
Facilitate discussion around carer stress/ emotions	
The signal breath	
All information covered	
Teach signal breath	
Rate stress before and after	
Putting it into practice	
All information covered	
Summarise the session	
Remind carer to practice stress reduction technique	
Discuss sleep diary with carer	
Discuss Planning record	
Troubleshoot around 'putting it into practice' between session tasks	

Process factors (rate each facilitator separately)	Facilitator 1 not at all – 5 very much
Keeping the session to time	
Keeping the carer focussed on the manual	
Keeping the carer engaged in the session	
Managing concerns of the carer	

Check List (DREAMS) session 2

Facilitator Name: _____

Assessor Name: _____

Date: _____

Recap on previous session	
Go through Session Plan	
Discuss completion of diary	
Discuss "sleep hygiene" changes	
Light and sleep	
All information covered	
Discuss light diagram	
Light, dementia and the body clock	
All information covered (Inc. key point)	
Discuss carer quotes	
Facilitate discussion around how much time their relative is in natural light on a typical day	
Making a light therapy plan	
Discuss light data from Actigraph	
All information covered	
Facilitate plan around increasing access the natural light	
Introduce light box and provide instructions for use	
Discuss potential difficulties involving use of light box	
Your relative's sleep pattern	
All information covered	
Discuss diagram	
Facilitate discussion around relatives sleep using diary	
Discuss sleep data from Actigraph watch	
Discuss sleep efficiency	
Discuss reducing naps/ changing sleeping pattern (time to bed and time waking up)	

Your relative's plan	
All information covered	
Facilitate carer to plan actions for areas of change	
Managing stress: Focussed breathing	
All information covered	
Talk through experiences of using signal breath	
Teach focussed breathing	
Rate stress before and after	
Putting it into practice	
All information covered	
Summarise the session	
Remind carer to practice stress reduction technique	
Remind carer to try out new actions	
Introduce and encourage use of planning record	
Remind carer to continue using sleep diary	
Troubleshoot around 'putting it into practice' between session tasks	

Process factors (rate each facilitator separately)	Facilitator
	1 not at all – 5 very much
Keeping the session to time	
Keeping the carer focussed on the manual	
Keeping the carer engaged in the session	
Managing concerns of the carer	

Check List (DREAMS) session 3

Facilitator Name: _____

Assessor Name: _____

Date: _____

Recap on previous session	
Go through Session Plan	
Discuss areas for change plan made from previous week and how it went	
The importance of daytime activity and routine	
All information covered (Inc. Key point)	
Discuss pleasant activities that carer enjoys and what relative enjoys	
Planning daytime activity	
All information covered (Inc. key point)	
Discuss list of pleasant activities	
List four pleasant activities for carer and relative	
Sleep, exercise and physical activity	
All information covered (Inc. key point)	
Discussion around exercise using sleep diary	
Discuss walking/ exercise goal if appropriate	
Establishing a good day and night routine	
All information covered (Inc. key point)	
Discussion around relative's bed- sleep connection	
Discuss sleep data from Actigraph watch	
Facilitate the plan for strengthening the link between bed and sleep.	
Managing stress: Guided imagery	
All information covered	
Talk through experiences of using focussed breathing	
Teach guided imagery	
Rate stress before and after	

Process factors (rate each facilitator separately)	Facilitator 1 not at all – 5 very much
Keeping the session to time	
Keeping the carer focussed on the manual	
Keeping the carer engaged in the session	
Managing concerns of the carer	

Check List (DREAMS) session 4

Facilitator Name: _____

Assessor Name: _____

Date: _____

Recap on previous session	
Go through Session Plan	
Discuss if carer tried new pleasant activities, and what worked/didn't work	
Troubleshooting	
Discuss relative's action plan from sessions 2 and 3	
Facilitate <i>talking point</i> regarding how the plan is effecting relative and carer	
Discuss possible solutions to any potential problems	
Managing night-time behaviours	
All information covered (Inc. key point)	
Recap on night-time behaviours from session 1	
Create updated list of night-time behaviours	
Describing and investigating behaviours	
All information covered (Inc. key point)	
Encourage recollection of one sleep problem in detail	
Is there something about the environment/ routine?	
All information covered	
Facilitate conversation regarding environment and if changes already made have had an impact	
Are they feeling distressed or frightened?	
All information covered (Inc. key point)	
Discuss signs relative is upset/frightened and how to comfort them	
Are night-time difficulties affected by how we respond?	
All information covered (Inc. key point)	
Discuss "Ted's situation" and what carer would do in this situation	

Are difficulties caused by pain or discomfort?	
All information covered	
Discuss what carer could do to find out if relative is unwell	
Are difficulties caused by the dementia?	
All information covered	
Discuss how relative's sleep difficulties may have been caused by their dementia	
Managing stress: Stretching	
All information covered	
Talk through experiences of using guided imagery	
Teach stretching exercise	
Rate stress before and after	
Putting it into practice	
All information covered	
Summarise the session	
Remind carer to practice stress reduction technique	
Introduce and encourage use of behaviour record	
Remind carer to continue using sleep diary and to use their own sleep diary this week	
Troubleshoot around 'putting it into practice' between session tasks	

Process factors (rate each facilitator separately)	Facilitator 1 not at all – 5 very much
Keeping the session to time	
Keeping the carer focussed on the manual	
Keeping the carer engaged in the session	
Managing concerns of the carer	

Check List (DREAMS) session 5

Facilitator Name: _____

Assessor Name: _____

Date: _____

Recap on previous session	
Go through Session Plan	
Discuss if carer used behaviour record	
Creating strategies for managing behaviours	
All information covered (Inc. key point)	
Discuss strategies for managing behaviours and write down list	
Managing your own sleep	
All information covered (Inc. key point)	
Discuss how they their sleep has been affected by their relative's sleep difficulties and dementia.	
Managing thoughts and feelings	
All information covered (Inc. key point)	
Discuss what techniques carer may find helpful	
Challenging unhelpful thoughts and feelings	
All information covered (Inc. key point)	
How to challenge unhelpful thoughts	
Discuss <i>Alice's situation</i>	
<i>Talking point:</i> Talking with others about caring role	
<i>Talking point:</i> Discuss carer's thoughts	
Making time for yourself	
All information covered (Inc. Key point)	
Facilitate conversation regarding pleasant activities that carer enjoys	

Managing stress: Ocean escape	
All information covered	
Talk through experiences of using Stretching	
Teach Ocean Escape	
Rate stress before and after	
Putting it into practice	
All information covered	
Summarise the session	
Remind carer to practice stress reduction technique	
Introduce and encourage use of Thought record	
Remind carer to continue behaviour record	
Remind carer to continue using sleep diary	
Troubleshoot around 'putting it into practice' between session tasks	

Process factors (rate each facilitator separately)	Facilitator 1 not at all – 5 very much
Keeping the session to time	
Keeping the carer focussed on the manual	
Keeping the carer engaged in the session	
Managing concerns of the carer	

Check List (DREAMS) session 6

Facilitator Name: _____

Assessor Name: _____

Date: _____

Putting it all together	
Go through Session Plan	
All information covered	
What works? Light, sleep and dementia	
All information covered	
Discuss session and summarise what worked best	
What works? The importance of daytime activity	
All information covered	
Discuss session and summarise what worked best	
What works? Making a new sleep routine	
All information covered	
Discuss session and summarise what worked best	
What works? Making changes to improve sleep	
All information covered	
Discuss session and summarise what worked best	
What works? Strengthening the link between bed and sleep	
All information covered	
Discuss session and summarise what worked best	
What works? Managing night-time behaviour	
All information covered	
Discuss session and summarise what worked best	
What works? Challenging unhelpful thoughts and feelings	
All information covered	
Discuss session and summarise what worked best	

What works? Relaxation	
All information covered	
Discuss session and summarise what worked best	
Keeping it going: Developing an action plan	
All information covered (Inc. Key point)	
Action plan for you and your relative	
Remind carer of “areas for change” plan and update the actions	
Summary	
Summarise session	
Inform them there are copies of record forms should they wish to continue using them.	
Remind carer about not telling researchers whether they had the intervention during follow-up interview	

Process factors (rate each facilitator separately)	Facilitator
	1 not at all – 5 very much
Keeping the session to time	
Keeping the carer focussed on the manual	
Keeping the carer engaged in the session	
Managing concerns of the carer	