



Sleep Hygiene

Personal Habits

- Fix a set bedtime and awakening time.
- Avoid napping during the day.
- Avoid caffeine.
- Avoid heavy, spicy or sugary foods 4-6 hours before bedtime.
- Exercise regularly, but not right before bed.
- Make sure resident receives an adequate amount of light exposure during the day.

Sleeping Environment

- Use comfortable bedding for the resident
- Find a comfortable temperature setting for sleeping and keep the room well ventilated.
- Block out all distracting noise.
- Let residents sleep in a chair if they are able to.
- Lower hallway lights and TVs to establish a night time routine.
- Minimize disruptiveness during night time care by using a flashlight or low light, speaking softly, etc.
- Avoid “routine” vitals during sleep.

Getting Ready for Bed

- Try a light snack before bed.
- Practice relaxation techniques before bed.
- Talk to resident if they look distressed.
- Know their pre-sleep ritual.
- Get them into their favorite sleeping position.
- Getting up in the middle of the night
- If up more than 15 minutes in the middle of the night get them up out of bed.
- Leave the bedroom.
- Read, have a light snack or engage in quiet activity or take a bath.
- Remain up until they are so tired they cannot keep their eyes open.
- People report this process usually takes 20-30 minutes.

Television

- Television usually keeps people awake.
- Listening to the radio may be helpful for falling asleep.

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