

ANXIETY AND SLEEP – REFERENCES AND WEBSITES

ANXIETY

[Anxiety & Panic Disorders Guide](#)
[How to Treat Anxiety in the Elderly](#)
[Anxiety in Dementia: A Critical Review](#)
[What Are the Treatments for Anxiety in Dementia?](#)
[Relaxation Techniques Decrease Anxiety in Dementia](#)

SLEEP

[The Elderly Always Sleep Worse & Other Myths of Aging](#)
[Sleeping Well as You Age](#)
[Sleep Problems in Dementia](#)
[Dementia and Sleep](#)
[Dementia - Behavior and Sleep Problems](#)
[Understanding Dementia" - Sleep Disturbances](#)
[Quiet on the Hall: Researchers Search for Ways to Reduce Noise and Improve Sleep in Nursing Homes](#)
[Making it OK to Sleep Late](#)
[All-Night Care for Dementia's Restless Minds](#)

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