DIFFERENTIAL DIAGNOSIS

Psychiatric syndromes
- Depression
- Anxiety
- Dementia
- Grief

Primary sleep disorders
- Restless leg
- Periodic Limb Movements of Sleep

Medical
- Pain
- Peri-menopausal
- CHF
- GERD

Medications
- Glucocorticoids
- Theophylline
- Activating antidepressants
- Amphetamines
- ACE Inhib. (cough)
- Diuretics (diuresis)
- Lipophilic beta blockers
- Methyldopa
- Resperine
- MAO Inhib
- Cholinergic agents
- Digoxin
- L-Dopa
- Dexamethasone
- Nicotine

Environment
- Noise, Light (excess)
- Temperature (Unregulated)

TREATMENT:
1. Follow a regular schedule
   (go to sleep and arise at same time each day)
2. Sleep only what you need
   (Avoid naps during the day)
3. Exercise at regular times each day.
   Best → moderate exercise (avoid 4 hours before bedtime.)
4. Develop bedtime routines that signal your body to sleep.
   (Warm milk, read, warm bath, etc.)
5. Adjust your internal “sleep clock” by exposure to natural light in the afternoon each day.
6. Empty your bladder before bedtime.
7. Stop smoking entirely.
   (Initially sleep will worsen then it will improve)

SLEEP HYGIENE

THE SCHEDULE
1. Avoid stimulants late in day:
   e.g. caffeine, MSG, nicotine, chocolate, tea.
2. Don’t use alcohol or cigarettes to make you sleep.
   (Avoid alcohol for > 4 hours before bedtime)
3. Don’t go to bed hungry but avoid heavy meals at bedtime.
4. Ask your doctor to review your medications
   for possible stimulants.
5. Avoid over the counter sleep medications

THE DIET
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   for possible stimulants.
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THE ENVIRONMENT
1. Create a safe/comfortable sleep environment:
   -locks on doors as needed
   -smoke alarms on each floor
   -easy to use lamp and telephone at bedside
   -room should be dark, quiet and well-ventilated
   -room temperature adjusted to your preference
2. Use your bedroom for sleeping only, ie.
   (After turning off your lights allow 15 minutes to fall asleep.
   If you are still awake get up and go to another room until
   you feel sleepy again.)
3. If pain is bothering sleep, ask your doctor for help.
4. Wear comfortable bed clothes

For more explanation see: website: geriatrics.unmc.edu
& visit Geri Pearls evv7/22/06