

# Better sleep

Establishing a routine helps your brain recognise sleep time.

## DAYTIME ROUTINE

1

### STICK TO REGULAR ROUTINES

Waking up, mealtimes and going to bed.

2

### GET MOVING

Do some exercise during the day. This can be done standing up or sitting in a chair.

3

### TREAT PAIN

Pain, discomfort or other medical conditions can keep people awake at night. Remember, people living with dementia may not say they are in pain. Keep an eye out for changes in mood or behaviours.

4

### TIME NAPS

If you, or a person you care for, enjoys a daytime nap, aim to keep it in the morning for no longer than 30 minutes. Identify later times when naps are common, and engage in enjoyable activities during those periods.

5

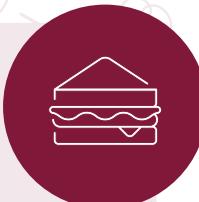
### ENJOY THE DAY!

Go out during the day. If you can't, at least have the curtains open. Try not to use the bedroom during the day.

## DIET

### A SNACK BEFORE SLEEP

If not much has been eaten in the evening, consider a sandwich or a snack later to ensure hunger doesn't disrupt sleep.



### AVOID CAFFEINE AND ALCOHOL

Avoid drinking coffee, tea or more than a small glass of alcohol after 3pm. Instead drink decaffeinated or herbal options.

