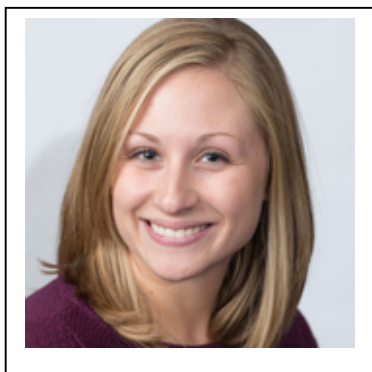


## January 8, 2019 Program by Phone

### Sundowning, Sleeplessness & Alzheimer's: How to Cope in the Evenings

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#### **What is Sundowning?**

"Sundowners" & "Sundowning"

What are the symptoms?

Is it actually the sunset that causes it?

#### **Causes of Sundowning**

Alzheimer's in general confusing night and day for some people

Medications that interfere with sleep

Low light levels / shadows

#### **Making an Action Plan**

Don't forget yourself

Schedule – be very intentional about morning / afternoon / evening activities

Consider a nap(s) during the day

### **Making an Action Plan (Continued)**

#### Medications

Work with Doctor if needed to adjust time / dosage / medication

#### Sleep Hygiene

Routine

Music

Television / Screen Time / Lighting

Meals

Bath?

#### Diet

Mealtimes (big meals / small meals)

Comfort foods

Caffeine / Sugar / Alcohol

### **Important Resources**

[ALZ.org/LEARN](https://www.alz.org/LEARN) (Online, On-Demand Video Programs)

[ALZnavigator.org](https://www.alznavigator.org) (Develop a Personalized Action Plan)

800.272.3900 (Nationwide 24/7 Helpline)

[ALZconnected.org](https://www.alzconnected.org) (Online Community / Support)

[ALZ.org/CRF](https://www.alz.org/CRF) (Community Resource Finder)



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