

## SLEEP

*Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.*

Sleep is necessary for health and well-being. Changes in the quality and quantity of sleep occur naturally as we get older. The incidence of sleep disorders increases with age. It may be difficult to get adequate, restful sleep, especially in settings where noise and frequent interruptions in sleep occur.

### **What you and your family can do:**

Ask your healthcare provider to review your medications; certain drugs can cause sleep challenges.

Ask the healthcare team to discuss creating a good sleep environment, noting your preferences:

- Room temperature
- Darkened room/lowered lights
- Warmed blanket
- Minimum noise
- Bed position
- Extra pillows

Maintain a usual bed time and bedtime routine (avoiding TV and electronic screens) such as:

- Washing your face
- Listening to soothing music
- Prayer/meditation
- Brushing your teeth
- Reading

Avoid caffeine and other beverages containing stimulants during the afternoon and evening hours.

Avoid sleeping during the day.

Speak to the healthcare team about trying decaffeinated herbal tea or warm milk before bedtime.

Use the bathroom right before going to bed.

If you're experiencing pain, plan to take medication or use other relief methods before bedtime.