



Sleep

Section Summary

- Not getting enough sleep is related to a greater risk of dementia.
 - Additionally, those with dementia often struggle with a range of sleep problems which can reduce their quality of life.
 - People with dementia who have poor sleep are more likely to have trouble keeping social relationships and to have higher levels of depression and anxiety.
 - Some people may have sleep problems that do not necessarily reach the point of clinical diagnosis but still can impact their health.
-

Activities

Activity One: Sleep Poll

- Use your video conferencing services polling feature (if meeting virtually) or print the following questions in order to conduct an anonymous poll:
 - How many hours of sleep do you get a night?
 - Is your sleep restful?
 - Do you wake up often in the night?
- Once the results have been collected, share the poll results.
- This activity can be used in order to facilitate the discussion section of this topic.

Activity Two: What Helps You Sleep

- As a group use a virtual or IRL white board to create a list of habits, activities or rituals that help participants get to sleep.
- For this activity use the first two questions in the discussion section to help build out the list.

Discussion Questions

- What is your routine before going to bed?
- What do you do when you can't sleep?
- What do you do if you wake up and can't fall back asleep?
- When you experience a troubled night of sleep, how do you feel the following morning?