

Dementia and Sleep

Improve Sleep and
Prevent Early
Institutionalization



Dementia Is Strongly Associated With Sleep Disorders

- Sleep disorders can worsen cognitive deficits, quality of life, and lead to premature institutionalization if untreated
- Untreated sleep disorders increase caregiver fatigue



Manage Circadian Rhythm Disorders

- Increase light exposure and structured social activities
- Avoid naps and medications that affect sleep



Diagnose Obstructive Sleep Apnea

- Untreated OSA worsens memory and cognition
- CPAP adherence in older patients is comparable to younger patients



Treat REM Sleep Behavior Disorder

- Improve environmental safeguards
- Improve sleep hygiene
- Consider pharmacotherapy in extreme cases