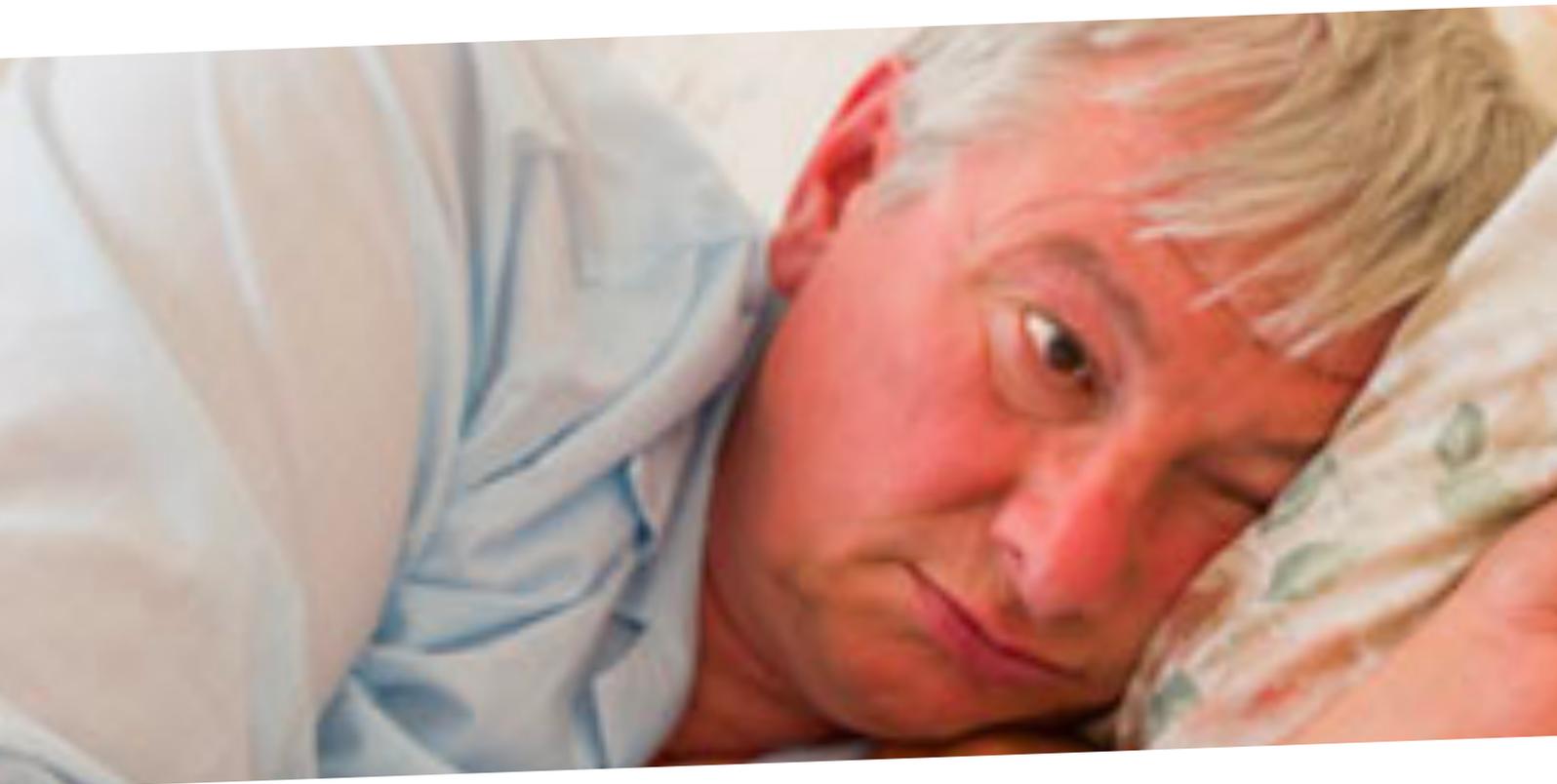


Loved One having Problems Sleeping?

Read our top tips to solve sleeping difficulties.



Care
Chooser



These tips and this guide is the opinion of the author and shouldn't replace medical advice.

Making the change - The reaction

The first thing to think about if you make small changes is what will that look like?

Small changes you make may well be met by one or more of these feelings:

Confusion

Reluctance

Defiance

Anger

It's possible that if you make a small change the problem you are trying to solve will actually probably get a little **worse** first.

However, the key is **consistency** if you **keep up** with these small tips I'm sure they will then start to work and in time flourish.

I personally believe medication is not necessarily needed. Small changes can be HIGHLY effective, possibly more effective (if consistently followed through).

Let's look at some of the things that may be causing a lack of sleep at **night**.

1. Day time dozing

If your loved one sleeps or dozes during the day then the chances of them not sleeping at night will be greater.

The first thing to do is to make a change to sleeping/dozing during the day. This will probably result in grumpiness or one of the above feelings but it will also cause tiredness and as a result better sleep at night.

2. Action/Activity

Sleep is designed to help us to recover and rejuvenate us from the day that has passed. If there is little action or activity during the day then there's less of a need to sleep at night.

The more activity, interaction and movement of body and also mind, however small will result in more tiredness and more of a need to sleep.

Again this is almost certainly going to result in reluctance. Start small, just a few steps, a few movements... something small to engage the mind.

3. The day before...

What happens before and after sleep on previous days will determine what happens with future sleep patterns.

If your loved one wakes up late, they'll probably go to sleep late. If they go to sleep late, they'll wake up late and so the cycle continues...

Consistency and routine is the key (again!)

This is more than likely going to cause all sorts of trouble! But keep it up for a few nights and mornings and you'll start to see a win!

TOP TIP - A short morning walk. Helps with routine, the mornings, wellbeing, levels of activity and... sleep.

Ok so we've talked about what causes a lack of sleep. But what things may actually help sleep?

1. Routine

A routine in the morning that is followed through one step after the other will really help.

This can be taught, perhaps with visuals or perhaps guided at first.

It can be aided by putting things in the same place, and in time could then be carried out independently.

TOP TIP - Create a visual routine which is followed through. Could the routine be drawn or printed out.

Perhaps small details may be necessary such as 'pick up the toothbrush', 'put on toothpaste'...

An evening routine will also help. Plan out the small steps before sleep time.

Write it down, perhaps draw it in pictures. Repeat it, repeat it, repeat it.

The more routine, the more consistency, the more sleep will become easier.

2. LOW LEVEL INTERACTION

This is a top secret that we rarely find is used. In fact quite often the opposite is used.

Interaction is great. The more the better (during the day). I absolutely expect my carers to interact and converse with clients as much as is possible, but not in the late evenings/night.

During the evening as sleep time approaches and during the night, carers and family members should give very small amounts of interaction.

This means less or zero eye contact.

Using a really low, quiet, boring, perhaps monotone voice.

Using few words, short sentences or even none.

The more you talk, the more eye contact you give, the more attention you give in the late evenings/nights the less likely someone is going to WANT to sleep. If there's a conversation to be had, I know I'd rather have it than sleep!

This is a real tricky one, because night carers feel it is their job to talk to clients and interact but if they do so at night it will cause a lack of sleep.

Perhaps choose a short sentence and repeat it, repeat it, repeat it. So that it becomes quite boring. That is the aim at night. For example... **'time to sleep, time to sleep... time to sleep'**. In a really low, slow, calm and boring voice.

3. The environment

The room your loved one sleeps in is important in determining how much sleep the person gets.

Is the room dark enough? Could you make it darker? Is there a soft light for prior to sleep time?

Is the environment too stimulating? If there are bright colours and lots of interesting objects and items and clutter then sleep will be the last thing on their mind. A slightly more simple room may work better.

Remove TVs, radios etc from the room where your loved one sleeps (again this WILL result in conflict but in the long term it WILL likely work better).

Are the bed/blankets comfortable? Is the room at the correct temperature? I know I can't sleep when it's either too hot or too cold.

Consistency

I believe the most important factor is consistency. But it's difficult. The more you make consistent the better. Of course this doesn't mean you have to be rigid, flexibility is good.

Remember any of these small changes WILL be met with a reaction. It may be negative and things WILL get worse first.

If you continue with it, you will likely see a win, a couple of difficult nights may result in many, many more successful nights.

Support

If you'd like support with implementing some of these and other changes from me and my team. We can help, we have coaching packages available where we can support you through it.

Let's have a conversation.

I'm at christopher@carechooser.com and on 02088860686 & 07792939454.

All the best,



Christopher
CareChooser Founder

www.carechooser.com

WhatsApp Facebook Message