

When the sun goes down

SOT

Courtney McFarlin, OSF HealthCare internal medicine provider

"That's our body's natural, 24-hour sleep/wake cycle. It's regulated by the hypothalamus in the brain. Based on daylight and darkness, it tells our body to be alert during the day. And it helps us settle down in the evening to want to go to sleep." (:23)

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"Reports and research have shown that it's most common when people are in mild or moderate stages [of dementia]. You would think as one progresses with dementia, it would get worse. But it actually improves a little bit." (:13)

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"It's a natural hormone that our body produces that helps aid in sleep." (:05)

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"It's suggested that a less than three-hour naptime schedule is advised. If I find my patients are napping quite a bit, I'll encourage them to take less naps." (:14)

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"[People can] actually unlock the door and wander outside in the middle of the night. So, make sure the door is properly locked. If the adult is someone who wanders at night, make sure they don't have the ability to leave home." (:15)

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"That could be remaining at home and more family coming in. Because that's our first choice – to leave the person at home as long as they can. But when it becomes unsafe for the person or exhausting the caregiver, it's my responsibility to engage other options." (:27)