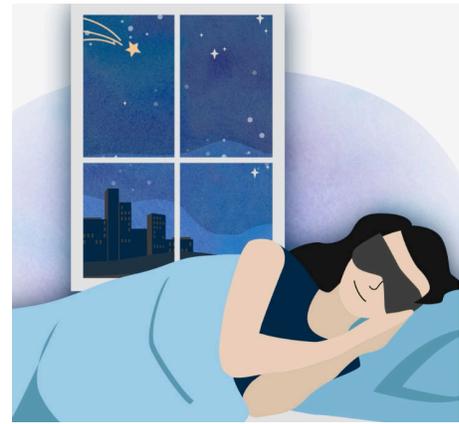


Night Care

Overnight caregiving can feel more challenging than daytime care, but with some adjustments, both you and your loved one can enjoy a good night's rest.



Establish a Routine

Create a **bed-time ritual** that signals it's time to wind down, such as reading a book, doing gentle stretches, or listening to music. Keep the **bedroom environment quiet** and **dimly lit**, to make it easier to fall asleep.

Nighttime Safety

To prevent nighttime accidents and injuries, create a **safe environment** by installing **nightlights**, **clearing pathways** to the bathroom, and **removing tripping hazards**.

Monitor Sleep

Your loved one's **sleep patterns can tell healthcare providers** a lot, so keep track of sleep patterns, noting any changes. **Watch for signs** like difficulty **falling asleep**, **staying asleep**, or excessive **daytime sleepiness**.

Manage Medication

Consult your loved one's doctor or pharmacist about **medications that may affect their sleep**, as some drugs can make it difficult to **fall asleep**, **stay asleep**, or cause **morning drowsiness**. They may suggest an alternative medication, adjust the dosage, or change the timing to improve sleep.

Innovative Night Care Solutions

To improve sleep for both you and your loved one, consider **technologies** such as:

- **Motion-activated lighting** for safer nighttime navigation.
- **Smart bed sensors** to monitor movement and safety.
- **White noise machines** to create a calming sleep environment.
- **Wearable monitors** to track vital signs.