

The topic of sleep has come up several times during coaching calls over the last few months. Below are some accumulated resources for you and your team to try with residents who may face difficulties with sleep.

Resources and Links:

Alberta Health Services Appropriate Use of Antipsychotics (AUA) Toolkit:

The Alberta Health Services AUA toolkit offers a number of sleep strategy resources which provide guidance regarding the assessment and management of responsive behaviours with cognitive impairment (dementia, delirium) which could be caused by poor sleep.

- [AUA Responsive Behaviours and Sleep Powerpoint](#)
- [eLearning Module - Sleep](#)
- [Rx Files – Chronic Insomnia in Older Adults](#)
- [Therapeutics Initiative: UBC](#)
- AHS AUA [one-pager](#) describing an Alberta Health Services home's plans to intervene on resident sleep.

Literature Review:

- [2018 systematic review](#): the most promising non-pharmacologic interventions for sleep in LTC were increased daytime light exposure, nighttime use of melatonin, and acupressure.
- [Algorithm](#): Deprescribing.org, includes two boxes (on page 2) about sleep management.
- McMaster University: [Non-drug options for dementia-related sleep problems](#)