

Daytime Sleepiness is More Common in Lewy Body Dementia than Alzheimer's disease

Tips for Coping with Daytime Sleepiness:

- Create a structured routine with a regular schedule of times for activities and times for rest.
- Include exercise or daily walks during the day with exposure to sunlight (either outside or through a window).
- Attempt more complex, difficult tasks when the person with LBD feels more alert. Save more repetitive tasks or tasks that require little concentration for when the individual is drowsy.
- Use caffeine moderately.
- Limit or discontinue use of alcohol and/or cannabis. These substances produce drowsiness and can lead to disruptions to sleep at night.
- Discuss the timing of your cholinesterase inhibitor (Donepezil, Aricept, Memantine, etc.) with your physician. Taking it in the morning may help with alertness and attention during the day.
- Review medications with your care provider to see if adjustments can be made to reduce use of medications that produce drowsiness.
- Avoid waking an individual with LBD who is acting out dreams unless you are worried for their safety. This can disrupt sleep continuity and lead to sleep deprivation.
- See a sleep expert to treat sleep apnea if present.