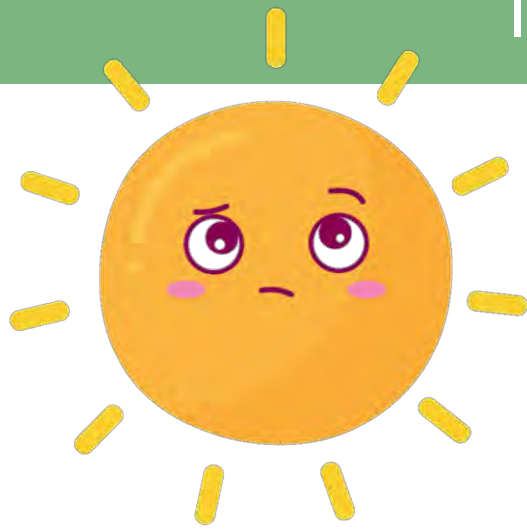


SUNDOWNING

IN DEMENTIA

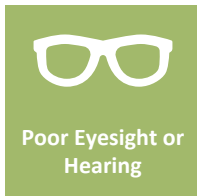
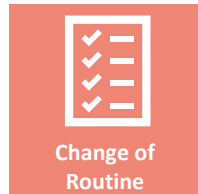
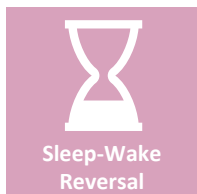


What is Sundowning?

Sundowning is a **symptom of dementia** and refers to a state of confusion, restlessness or agitation that typically occurs **between late afternoon and evening, at times into the night**. These behaviours are due to changes in one's "biological clock", leading to confused sleep-wake cycles.

It can result in falls and injuries to persons with dementia and their caregivers.

Causes of Sundowning



Sundowning Signs



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Cognition and Memory Service, Centre for Geriatric Medicine, Tan Tock Seng Hospital



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<http://bit.ly/TTSHealthLibrary>

TIPS TO MANAGE SUNDOWNING IN DEMENTIA

Morning

- Have a fixed routine for waking and breakfast
- Schedule appointments and bath times in the morning
- Avoid sugar and caffeine after 12 noon



Early Afternoon

- Avoid excessive napping
- Schedule activities (e.g. exercise, simple household chores)
- Open windows to allow bright light exposure



Late Afternoon - Evening (usually when sundowning occurs)

- Reduce background noise
- Play familiar or relaxing music
- Ensure room is well-lit and at a comfortable temperature
- Avoid stimulating activities (e.g. watching TV)
- Keep a quiet routine (e.g. go for a slow walk)



Other Care Tips

1. Person-Centered Approaches

- Stay calm and provide assurance
- Focus on their feelings
- Address immediate needs (e.g. hunger, pain)
- Provide distraction with a favourite object or activity
- Consider what they usually do during this time of the day when they were younger



2. Ensure Safety

- Lock all doors and windows
- Keep dangerous items such as knives and medication away
- Consider installing motion detectors or door sensors if the person with dementia tends to wander



3. Environment

- Direct them back to the present with items or places that are meaningful to them
- Use hearing aids or spectacles if required



Helpline

**Alzheimer's Disease Association
Dementia Helpline**

6377 0700

Monday to Friday, 9am to 6pm



To the world you may be just one person, but to a person with dementia, you may be the world.

If sundowning continues to be a problem, do not hesitate to consult your doctor.



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