

Sundowning is a term that refers to a state of confusion that happens in the late afternoon and evening. The best way to help your loved one cope is by uncovering the reason why your loved one can't rest.



Up to **1 in 5** people with Alzheimer's develop Sundown Syndrome.



It's important to stay calm when dealing with these symptoms. **Reassure the person that everything is OK, and then try these tactics:**



Reduce noise, clutter, and the number of people in the room



Engage the person with a favorite snack, activity, or object



Encourage a regular routine of waking up and going to bed



Schedule doctors' appointments and other trips in the morning when your loved one is more alert



Close the curtains and blinds to minimize shadows



Limit naps, as too much napping during the day can make it difficult to fall asleep at night



Ask the doctor about medications that won't interrupt their sleep cycle



Taking notes can also be helpful in determining your loved one's triggers

Once you find out what works for your loved one, things will start to feel easier.

Researchers aren't sure what causes sundowning, but they theorize that changes in the brain disrupt the body's internal clock at nighttime.

Other possible causes of sundowning are:

- Mental and physical exhaustion
- Pain from an injury or infection
- Feeling hungry or thirsty
- Boredom
- Sleep problems
- Anxiety or depression