

Dementia and Sleep: An Important Relationship

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Emerging research is showing strong connections between cognitive health and sleep health. In this presentation, we will explore the connection between dementia and sleep and provide the latest updates on whether sleep might actually be neuroprotective. People living with dementia may experience sleep disruption in many forms. This program will also look at ways in which dementia itself affects sleep and some common interventions to help people living with dementia get a better night's rest.

Following this presentation the participant will be able to:

1. Understand the emerging research related to the connection between dementia and sleep.
2. Discuss how dementia can disrupt sleep.
3. Understand the recommendations for non-pharmacological therapy for sleep disturbance in dementia.

*May be subject to certain safety precautions in accordance with the authority having jurisdiction over the community. Please contact us for details.

The Optimum Life CE series is a pre-recorded webcast. • This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed. • Email cesupport@brookdale.com for more information about contact hours. • This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS. • This activity is pending approval from the National Association of Social Workers. • This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour. • Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221. • This course is approved by the Michigan Social Work Continuing Education Collaborative. • This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).

