

8 TIPS TO PROMOTE HEALTHY SLEEP HABITS FOR PEOPLE WITH DOWN SYNDROME



Sleep disorders frequently affect individuals with Down syndrome. Growing evidence suggests that sleep disruption may also accelerate the progression to symptomatic Alzheimer's disease.

LuMind IDSC compiled eight tips to encourage your loved one with Down syndrome foster healthier sleeping habits.

For more resources, register for myDSC, it's free!

Regular Sleep Schedule

Maintain a consistent sleep pattern, getting up at the same time every day.



Relaxing Bedtime Routine

Spend time before bed relaxing: read a book, have a shower or bath.



Avoid Stimulants

Don't drink caffeine, sugary or energy drinks in the evening.



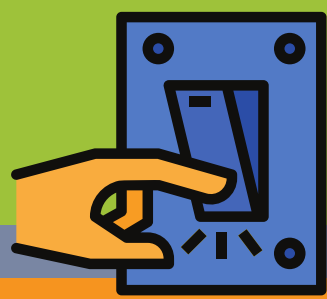
Good Sleep Environment

Keep your bedroom aired, cool and comfortable with a quality mattress and bedding.



Block Out Noise and Light

Make sure the bedroom is dark and quiet, or use white noise, a fan or music to mask external noise.



Only Sleep

Avoid watching TV or using other devices such as cell phones in bed.



Exercise and Daylight

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daytime. Even a short walk during the day can improve sleep.



Eat Well

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



*This information is provided for educational purposes only and is not intended to substitute for a medical plan by a qualified professional. Always speak to your medical provider about your specific situation.