Differential Diagnosis
Psychiatric syndromes: Depression, Anxiety/STRESS, Dementia, Grief
Primary sleep disorders: Insomnia, Sleep apneas, Restless leg, Nocturia

Medications
- Glucocorticoids
- Theophylline
- Activating antidepressants: Bupropion, Methylphenidate
- Cholinergics: Donepezil (Aricept), Rivastigmine, Galantamine
- Antiepileptics: L-Dopa, Digoxin
- Luvox
- Sertaline
- Activating antdepressants: Amphetamines
- ACE Inhib. (cough)
- Lithium
- MAO inhibitors
- MAO inhibitors: L-Dopa
- Dopamine antagonists
- Dopamine antagonists: Glucocorticoids, Theophylline, Activating antidepressants, Amphetamines
- ACE Inhib. (cough)
- Diuretics (diuresis)
- Lipophilic beta blockers
- Methyldopa
- Pseudoephedrine
- Cimetidine
- MAO inhib.

Diet:
- Alcohol: Avoid
- Nicotine: Avoid
- Caffeine: Avoid

Environment:
- Noise
- Light (excess)
- Temperature (Unregulated)

Treatment:
1st choice: Non-pharmacologic (see reverse side card)
2nd choice: Treat sx’s that awaken: (pain?, urination?, anxiety?)
3rd choice: Pharmacologic

Sleep Hygiene
The Schedule
1) Follow a regular schedule
   (go to sleep and arise at same time each day)
2) Sleep only what you need
   (Avoid naps during the day)
3) Exercise at regular times each day:
   (Avoid alcohol for > 4 hours before bedtime)
4) Develop bedtime routines that signal your body to sleep:
   (Warm milk, read, warm bath, etc.)
5) Adjust your internal “sleep clock” by exposure to natural light in the afternoon each day.
6) Empty your bladder before bedtime
7) Stop smoking entirely
   (Initially sleep will worsen then it will improve)

The Diet
1) Avoid stimulants late in day:
   - e.g. coffee, MSG, nicotine, chocolate, tea
2) Don’t use alcohol or cigarettes to make you sleep.
   - Avoid alcohol for > 4 hours before bedtime
3) Don’t go to bed hungry but avoid heavy meals at bedtime
4) Ask your doctor to review your medications for possible stimulants.
5) Avoid over the counter sleep medications

The Environment
1) Create a comfortable, safe sleep environment:
   - locks on doors as needed
   - easy to use lamp and telephone at bedside
   - room should be dark, quiet and well-ventilated
2) Use your bedroom for sleeping only, i.e.
   (After turning off your lights allow 15 minutes to fall asleep. If you are still awake get up and go to another room until you feel sleepy again.)
3) If pain is bothering sleep, ask your doctor for help.
4) Wear comfortable bed clothes

Cognitive Behavioral Therapy (CBT)
For more explanation see;
Web site: geriatrics.unmc.edu
& visit GERI Pearls evv 7-4-09