

Is good sleep a blessing for ageing? (Week 3)

1. 社交關係：

Social relations

很多時候，認知障礙症人士都會被認定為應該在家活動或於院舍生活。但他們與其他長者，以及你我一樣，都需要與人，與環境有互動，不單對身體及情緒有正面的幫助，亦能讓長者融入社區。社交關係對睡眠的關係，可參考以下的要點：

Older people suffering from dementia are often categorized as having to stay at home or reside at a residential home. However, like anyone else, older people, whether they are suffering from dementia or not, need contact and interactions with other people and their surrounding environment. This not only is beneficial to their physical and emotional health, but also helps integrate older people into the community. The relationship between one's social life and sleep is shown as follows:

- a. 鼓勵長者每天有固定活動時間表並應包括與人互動的時間，到長者中心參加活動，到酒家飲茶，與家人到公園做訓練，都是簡單而直接的方法。當然長者可能很抗拒這些看似簡單的活動，家人及照顧人員要保持耐性，一步步試行，由在踏出家居門口開始，再到樓下散步，繼而再加多一點活動，長者就能循序漸進地重投社區，認識社區。當這些活動發生在日間時，對長者來說亦是一種體力付出及精神上的付出，持之以恆的話，對晚間的睡眠質素亦能改善。對有認知障礙人士來說，一個他知道的活動流程亦可減低其不安感，改善日落症候群及相關的睡眠問題。每天的流程建議因人而異，亦需配合長者的作息時間
Older people should be encouraged to keep a fixed timetable for their daily activities which should include time to interact with people. Participating in activities at the centre for the elderly, going out for tea and meal, and going to the park with their family for physical training are some of the simple and direct methods. Older people might, very well, resist such seemingly simple activities. Family members and carers should remain patience. Try to enforce them step by step. From stepping out of their home, to going out of the building for a walk, and then to engage further activities, the older person can gradually rejoin and re-familiarize themselves with the community. Such activities, which take place during the day, are a kind of physical and mental investment for the older person. Persevering with such can help improve their nighttime sleep quality in the long run. For those who suffer from dementia, an activity flow that they are familiar with can reduce their sense of uneasiness, and, thus, improve the symptoms of sundowning syndrome as well as sleep-related problems. The actual activities for each day can vary from person to person and should be consistent with the older person's daily wake-sleep schedule.

- b. 對於身體能力稍遜的長者來說，出外所面對的挑戰可能較大，但不代表他們不能擁有社交活動的權利。他們可以使用輪椅外出，或邀請親友來訪，讓他們有交流的機會，同時有感官上的刺激，如視覺，聽覺及觸覺上的交流。

When going out, the frail elderly might encounter more challenges. But that does not mean that they cannot enjoy the right to socialize. They can go out in a wheelchair, or invite friends or relatives over for visits. So, they have a chance to interact with others and receive sensational stimuli, such as visual, aural, or touch.

- c. 當長者有社交活動時，體能活動亦會出現，家人宜在外出或與長者互動時，避免使用手提電話或上網設備，以免做成分心的情況。

When older people are engaged in social activities, physical activity also takes place. When interacting or going out with the older person, family member should refrain from using the mobile phone or other networking device to avoid unnecessary distraction.

- d. 正面的社交關係，如感受到關心，會減低長者孤立的機會。孤立代表長者的社交支援不足，可能在出現身體不適或情緒波動時。如果未能被即時發現，會影響睡眠，出現失眠，日夜顛倒的情況。

A positive social relationship, such as feeling the sense of care from others, can reduce the chance of isolation for the elderly. Isolation is a sign of inadequate social support which may trigger physical discomfort or emotional instability. If it is not detected in time, may affect sleep, leading to insomnia, or sleep-wake inversion

2. 環境與科技配合

Environment and Assistive Technology

一個經深思熟慮及設計的環境能有效改善長者睡眠，特別對於有日落症後群的認知障礙人士。市面上有不同種類的科技配件能協助長者及家人，以使長者的睡眠質素得以改善。

A well-considered and designed environment can effectively improve the sleep of older people and those suffering from the sundowning syndrome. A variety of assistive devices are also available in the market to help older people and their family members in enhancing the sleep quality of older people.

I. 環境的配置考慮：

Considerations for environmental settings

- a. 光照效果


a. Light effects

- i. 褪黑激素

i. Melatonin

褪黑激素是由大腦分泌提示身體作息的一種賀爾蒙，因此影響我們精神狀態。隨著環境變得昏暗時，體內褪黑激素的分泌就會逐漸上升，增加睡意。

Melatonin is a hormone produced by the brain that regulates the sleep-wake cycle. As the surrounding environment darkens, the production of melatonin increases gradually to trigger a sense of sleepiness.

	File	Handout - Is good sleep a blessing for ageing? (Week 3)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	2

ii. 晝夜節奏

ii. The Day-Night Cycle

由於光照抑制褪黑激素的分泌，令人保持精神奕奕，日間時段應讓長者適量地於光照之下活動。反之，室內的燈光的亮度亦應由傍晚時分開始逐漸轉暗，讓大腦意識到身體開始要進入休息的狀態。晚間時間，更加要留意從不同來源的光照，包括街燈、床頭燈、電視或各類電子產品會否刺激長者的睡眠。

Since lights suppress the production of melatonin and keep one awake. Older people should be adequately exposed to lights during their daytime activities. Whereas the intensity of the indoor lightings should be gradually lowered when night falls, so that the brain can start adjusting the body towards the resting status. One should also look out for light sources, such as streetlights, bed lights, television and other electronic devices, during the night, whether they would affect the elderly's sleep condition

使用明亮光線來管理晝夜節律。避免在晚上接觸明亮的光線，並在早晨曝露在陽光下。這將保持晝夜節律。

Use bright light to help manage circadian rhythms. Avoid bright light in the evening and expose oneself to sunlight in the morning. This will keep the circadian rhythms in check.

iii. 陽光是光照最好的光源，所以最理想是可以讓陽光透進室內，保持環境光猛，及到戶外進行活動、或坐近窗邊以接觸陽光、享受日光浴。但若受環境所限，市面上亦有一些專為此而設的燈，照顧者可以考慮添置。燈光的使用上，睡房宜用較暖顏色的燈，讓長者，家人及照顧人員都能一個較舒適的環境下入眠。使用白熾燈的話，光度較強及刺眼，會讓長者及其他人較難入眠。

iii. Sunshine is the best source of lightings, so ideally one should let some sunlight into the room to keep it bright. Carry out activities outdoors under the sun, or stay close to the window to be exposed to the sunlight, should the environment allows it. If not, carers can consider purchasing a kind of lamps that is specially designed for this purpose available in the market. In terms of lamplights, a warm tone is more suited for bedrooms, which allows older people, their family members and carers to rest in a more cozy ambiance. Incandescent lights may be too intense to be conducive to sleep.

iv. 建議在睡房內不要安裝電視機或使用電子裝置，這些裝備所發出的藍光會影響睡眠

iv. Avoid installing a television set or electronic devices in the bedroom. The blue lights they emit might affect one's sleep.

b. 體溫效應

The Body Temperature Effect

i. 效應原理

i. The Principle

此效應是透過體內溫差，促進入睡。研究發現當我們入睡後，體溫都會較低，所以若於就寢時間前約一小時，先提升院友體溫，然後讓其稍為涼卻，體內溫差就會令人昏昏欲睡。

The principle is to help initiate sleep with the difference in body temperature. Studies have shown that our body temperature is lower when we are asleep. One can perhaps try to carry out measures to warm up the elderly's body about an hour before bed time and then let them cool down. This difference in body temperature will make people fall asleep.

ii. 保暖方法

ii. Ways to Keep Warm

換言之，能夠於臨睡前令體溫上升的方法都可令人較易入睡。最理想當然是作一個熱水浸浴或淋浴，但若因環境及人手局限，照顧者亦可考慮各種暖身方法。例如：

In other words, measures that can warm up the body before bed time will help induce sleep. The ideal solution is, of course, to take a warm bath or shower. However, if this is not viable for environmental or personnel constraints, carers can consider other ways of warming up, such as:


- 於入睡前30分鐘，放置暖包或電暖袋於長者的大腿上，或
Placing a heating pad or electric heating bag on the older person's laps 30 minutes before bed time;
- 於睡前用溫水浸泡雙腳10 – 20 分鐘，或
Having a warm foot bath for 10–20 minutes before sleep
- 為院友肩膀披上電暖墊10 – 20 分鐘，然後移開保暖用品，藉著冷卻的效果讓院友入睡。
Putting an electric blanket on the older person's shoulders for 10–20 minutes and then taking it away, and the consequent cooling down can help them fall asleep

iii. 注意要點

iii. Other Points to Note

無論用任何保暖方法，所產生的熱力是應令人感到溫暖舒適。使用保暖產品前，要小心作好檢查，避免灼傷長者，亦要避免使用熱水袋，可免長者被袋內之熱水燙傷的顧慮。

Whichever way for warming up one is using, it should be ensured that the heat generated is of a comfortable temperature. Careful checks should be carried out before the use of the heating device, to prevent burn injury to the older person. Hot water bottle should be avoided to eliminate scalding the older person.

	File	Handout - Is good sleep a blessing for ageing? (Week 3)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	4

- c. 屋內的聲量：當長者在休息時，家人或照顧人員應盡量把聲音收細，以免影響長者。在早上的時間，如家人較長者早起的話，可播放一些雀鳥的音樂，使長者感受早起的氣氛

Indoor sound level: When the older person is resting, the family members or carers should do their best to reduce the sound level to avoid disturbing their sleep. Should the family members arise earlier than the older person in the morning, they can play some bird sounds, so that the elderly can feel the ambiance of early rising.

- d. 空氣流通對睡眠亦有改善的作用，長者很多時在冬天或溫度較低的時間下關閉所有窗戶，但這樣做會令室內的二氧化碳水平上升，令睡眠質量降低。

Air circulation is important for sleep. Older people often close all the windows in winter or on chillier days. This will increase the carbon dioxide level in the room and lower sleep quality.

- e. 在日間的時間，如非必要，應讓長者留在客廳或活動空間並鼓勵他們參與活動，否則長者有可能留在睡房內睡覺而影響正常的作息時間。很多時候，長者在客廳或活動空間因缺乏有目的的活動而打瞌睡，所以家人及照顧人員應主動安排有目的活動予長者參與。簡單的如手工藝，簡單清潔，複雜的如煮飯等，只要按長者能力來設計，就能避免長者日間睡覺，晚間活動

Encourage older people to stay and participate activities in the sitting room or activity area during the day, to ensure that their sleep-wake cycle will not be affected by their prolonged presence in the bedroom. The older person may also be dozing in the sitting room or activity area when there is no purposive activity for their attention. The family or carers should take the initiative in arranging specific activities for the older person, such as light handcrafts, simple cleaning, or even as complex as cooking, that match their ability level. This will effectively avoid their sleeping during the day and staying awake at night.

科技配合


Assistive Technology

- 使用香薰油(如薰衣草)，配合超聲波散霧器，能讓長者在安全的情況下入眠。使用前建議向治療師或醫護人員查詢

The use of scented (e.g. lavender) essential oil together with ultrasound diffuser can safely help the older person to sleep. One can consult with professional therapists or medical personnel before such use.

- 穿戴式睡眠監測器：隨著科技發展，監察睡眠的科技愈來愈普及化。家人及照顧人員可運用這類科技來監察長者的睡眠質素。獲取的資訊亦可與醫護人員討論，對長者的整體睡眠質素更有更全面的觀察。

Wearable sleep monitor: With the advancement of science and technology, sleep monitor is becoming more and more affordable and accessible. Family members and carers can monitor the sleep quality of the older person by means of such device. They can also share the data collected with medical professionals to get a more comprehensive look into the overall sleep quality of the older person.

 <p>Jockey Club CADENZA e-Tools for Elder Care 賽馬會逾金箱 護老有道</p>	File	Handout - Is good sleep a blessing for ageing? (Week 3)
	Copyright	© 2020 Jockey Club CADENZA e-Tools for Elder Care. All Rights Reserved.
	Page	6