

SLEEP PROBLEMS IN SENIORS: UNDERSTANDING AND IMPROVING YOUR LOVED ONE'S SLEEP

Training for families and caregivers of seniors with sleep disorders

Understand, act, and improve nights without relying solely on medication

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and caregivers of seniors
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This 2-hour training is designed for families and close relatives of elderly people experiencing sleep disorders. Frequent awakenings, sleepless nights, daytime drowsiness, and nighttime agitation are common in seniors but often overlooked. This program helps you understand why sleep changes with age, distinguish normal aging from conditions requiring medical attention, and implement concrete strategies to improve sleep quality without immediately resorting to sleeping pills. You will learn practical tools to manage difficult nights while protecting your own well-being as a caregiver.

Module summary

MODULE 1	Understanding Sleep Changes with Age	4 lessons
MODULE 2	Improving Sleep Without Medication	4 lessons
MODULE 3	Managing Difficult Nights on a Daily Basis	4 lessons
MODULE 4	Resources and support	4 lessons

Learning objectives

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- Understand normal sleep changes in aging and identify warning signs requiring medical consultation
- Distinguish different sleep disorders in seniors and their specific causes
- Implement non-pharmacological strategies to improve sleep quality
- Manage nighttime awakenings and agitation effectively
- Know when and how to consult specialists and access appropriate support
- Protect your own sleep and well-being as a caregiver

General information

Duration	2 hours
Target Audience	Families, caregivers, and relatives of seniors experiencing sleep difficulties
Prerequisites	None, training accessible to all adults
Price	On quote - VAT not applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Certificate of completion
Training Provider	DYNSEO - Registration number: 11757351875

Lesson 1 - Why sleep changes as we age

- Normal sleep changes after 65: fragmentation and reduced deep sleep
- Phase advance: earlier sleep and wake times as biological adaptation
- Melatonin production decline and impact on falling asleep
- Distinguishing normal aging from medical conditions

Lesson 2 - The most common sleep disorders in seniors

- Chronic insomnia: difficulty falling asleep and nighttime awakenings
- Sleep apnea syndrome: warning signs and underestimated risks
- Restless legs syndrome: unpleasant sensations at bedtime
- Excessive daytime sleepiness: causes and significance

Lesson 3 - Medications and Sleep — Pitfalls to Avoid

- Real risks of sleeping pills: falls, confusion, and dependence
- Common medications that disrupt sleep unknowingly
- Melatonin: realistic benefits and limitations
- Essential questions to ask your doctor about sleep

Lesson 4 - Pathologies that disrupt sleep

- Alzheimer's and dementia: nighttime agitation and day-night reversal
- Parkinson's disease: sleep agitation and vivid nightmares
- Chronic pain: breaking the vicious sleep-pain cycle
- Depression and anxiety: sleep disorders as warning signals

Lesson 1 - Sleep hygiene — the rules that really make a difference

- Regular schedules: the most powerful sleep regulator
- Ideal bedroom conditions: temperature, darkness, noise, bedding
- Managing daytime naps: why and how to limit duration
- Bedtime rituals: neurological benefits and practical implementation

Lesson 2 - Light and physical activity as tools

- Morning natural light exposure: the best circadian regulator
- Home light therapy: practical guidelines for use
- Gentle daily physical activity: walking, exercise, gardening timing
- Reducing evening screen light: helping adoption of this habit

Lesson 3 - Food and beverages

- Dinner timing, foods to avoid, and appropriate portions
- Caffeine half-life: cutoff time of 2 PM including tea
- Alcohol's deceptive effect: easier falling asleep, fragmented sleep
- Sleep-promoting foods: validated science on tryptophan and magnesium

Lesson 4 - Relaxation techniques at bedtime

- Progressive muscle relaxation: simple technique to practice together
- Abdominal breathing: 5-minute proven pre-sleep effectiveness
- Hand or foot massage: accessible soothing ritual
- Music and natural sounds: effective use as sleep inducers

Lesson 1 - When your loved one wakes up at night

- Common causes: pain, urination urge, disorientation, nightmares
- Calm response strategies: gentle presence without agitation
- Simple and effective techniques to help return to sleep

- Knowing when to monitor versus when to call the doctor

Lesson 2 - Nighttime agitation and wandering

- Understanding nocturnal agitation in dementia: causes and meaning
- Home safety measures without excessive restriction
- Gentle reorientation techniques for disoriented individuals at night
- Protecting your own sleep when nights are disrupted

Lesson 3 - Sleep Apneas – What to Do

- Recognizing apnea signs: snoring, breathing pauses, drowsiness
- Understanding apnea as more than just snoring
- Medical approach: specialists to consult, exams, treatments
- Daily life with CPAP therapy: practical management

Lesson 4 - Organizing Your Own Sleep When Nights Are Difficult

- Protecting your sleep: separate rooms and remote monitoring options
- Effective restorative naps for caregivers: short and guilt-free
- Professional solutions when nights become unbearable
- Monitoring your own sleep health: acting before exhaustion

MODULE 4

Resources and support

4 lessons

Lesson 1 - When to consult a sleep specialist

- Warning signals indicating specialist consultation is needed
- Sleep centers: services offered and access procedures
- Polysomnography: what to expect and preparation guidelines
- Cognitive-behavioral therapy for insomnia (CBT-I): medication-free effectiveness

Lesson 2 - The available assistance for difficult nights at home

- Night care assistants: when to use and financing options
- Teleassistance and night surveillance systems
- Night reception in facilities: an underutilized option
- Financial aid for nighttime home adaptations

Lesson 3 - Take care of yourself

- Scientific evidence on health impact of disturbed nights
- Recognizing your own exhaustion from difficult nights
- Support resources specifically for night caregivers
- Seeking help before reaching breaking point: more effective approach

Lesson 4 - Practical resources

- National Institute of Sleep and Vigilance: accessible information
- Sleep tracking apps and tools adapted for seniors
- Caregiver associations and their sleep-related resources
- Key questions for your next medical consultation

Teaching methods

- 100% online training accessible 24/7
- Videos, written content, and practical downloadable tools
- Self-paced learning with progress tracking
- Certificate of completion upon finishing the training
- Access to resources and tools for daily application