

SLEEP AND NEUROLOGICAL CONDITIONS: HELPING YOUR LOVED ONE SLEEP BETTER

Training for families and caregivers of people with neurological diseases

Understanding sleep disorders in neurological conditions and implementing effective solutions at home

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

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Course description

Sleep disorders are among the most exhausting symptoms for those caring for a loved one with a neurological condition such as Alzheimer's, Parkinson's, stroke, multiple sclerosis, or traumatic brain injury. This training explains why these diseases disrupt sleep, what is specific to each condition, and provides families with concrete, evidence-based tools to improve nights at home. You will learn practical strategies to secure the nighttime environment, manage severe agitation, protect your own sleep, and access professional support when needed. The goal is to help both your loved one and yourself sleep better, while maintaining quality care at home.

Module summary

MODULE 1	Why Neurological Diseases Disrupt Sleep	4 lessons
MODULE 2	Practical strategies according to the pathology	4 lessons
MODULE 3	When Nights Become Very Difficult	4 lessons
MODULE 4	Taking Care of Yourself	4 lessons

Learning objectives

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- Understand how neurological diseases disrupt sleep mechanisms and worsen symptoms
- Identify sleep disorders specific to each condition: Alzheimer's, Parkinson's, stroke, MS
- Implement therapeutic bedtime routines and environmental adaptations
- Use light, activity, and positioning to regulate sleep naturally
- Secure the nighttime environment to prevent falls and wandering
- Navigate medication options and prepare effective medical consultations
- Manage severe nighttime agitation with non-confrontational techniques
- Protect your own sleep and access professional nighttime support
- Know when to seek emergency help or consider alternative care solutions

General information

Duration	2 hours
Target audience	Families, caregivers, and close ones of people with neurological diseases (Alzheimer's, Parkinson's, stroke, multiple sclerosis, traumatic brain injury)
Prerequisites	None
Price	Upon request - VAT not applicable (article 261-4-4° of the French Tax Code)
Certification	Qualiopi - Training completion certificate

Organization

DYNSEO - Activity registration number: 11757351875

Lesson 1 - Lesson 1 - The sick brain and sleep

- Brain areas involved in sleep regulation and why lesions disrupt them
- Melatonin in neurological diseases: often reduced or disorganized production
- Why sleep disorders worsen all other neurological symptoms
- The vicious circle of sleep-cognition-behavior: how to break free

Lesson 2 - Lesson 2 - Alzheimer's and Dementias — the Day-Night Reversal

- Why the biological clock becomes disrupted in advanced dementias
- Twilight agitation (sundowning): triggers, prevention, home management
- Nocturnal wandering: securing without constraining, adapting the home
- What can really help: light, routine, activity — practical data

Lesson 3 - Lesson 3 - Parkinson — restless nights

- Paradoxical sleep behavioral disorder: acting out dreams, sudden movements, screams
- How to protect your loved one and yourself at night
- Daytime drowsiness related to medication: managing without stopping the treatment
- Nocturnal cramps and pains: positioning, warmth, medical reporting

Lesson 4 - Lesson 4 - Stroke and MS — fatigue and fragmented sleep

- Post-stroke or MS neurological fatigue and its impact on daytime and nighttime sleep
- Frequent sleep apnea after a stroke: recognizing it and seeking consultation
- Nocturnal neuropathic pain in MS: positioning and relief strategies
- Adjusting treatment schedules to optimize sleep

Lesson 1 - Lesson 1 - Create a therapeutic bedtime routine

- Why routine is particularly powerful in neurological diseases
- Building an adapted bedtime ritual: warm bath, music, dim lighting, light snack
- The regularity of schedules: fixed wake-up and bedtime even on weekends
- Adapting the routine to the progression of the disease

Lesson 2 - Lesson 2 - Light and activity as regulators

- Exposure to natural light in the morning: how to organize it even in case of reduced mobility
- Home light therapy: simple protocol for neurological diseases
- Adapted physical activity during the day: maintain without exhausting
- Reduce long naps without completely eliminating them

Lesson 3 - Lesson 3 - Securing the night at home

- Arranging the room for difficult nights: night lights, grab bars, lift detectors
- Nocturnal monitoring systems: baby monitors, motion detectors, teleassistance
- Protecting your loved one from a nighttime fall without restricting them
- Floor mats and mattresses on the floor: when to consider them

Lesson 4 - Lesson 4 - Medications and Sleep in Neurological Diseases

- Sleeping pills to absolutely avoid in dementia and Parkinson's
- What the doctor can prescribe as an alternative: melatonin, other options
- The impact of neurological treatments on sleep: what you may observe
- Preparing for the medical consultation on sleep: the information to bring

Lesson 1 - Lesson 1 - Managing severe nighttime agitation

- The non-confrontational approach at night: never argue, validate, reassure
- Gentle reorientation techniques in nighttime confusion
- What exacerbates agitation: bright light, raised voice, physical restraint

- When to call the doctor in an emergency: clear criteria

Lesson 2 - Lesson 2 - Protecting Your Own Sleep

- Separate room if necessary: a difficult but sometimes essential decision
- Remote monitoring: systems that allow you to sleep without abandoning your role
- Short naps as a survival strategy for the caregiver
- Organizing night shifts: family, professionals, night care

Lesson 3 - Lesson 3 - Professional solutions for home nights

- The night care assistant: role, funding, organization
- Night reception in specialized facilities: an unknown respite option
- Home hospitalization (HAD) for very difficult nights
- When nights at home become untenable: considering adapted accommodation without guilt

Lesson 4 - Lesson 4 - Monitor progress and adapt strategies

- Keep a simple sleep diary: observe patterns and changes
- Regularly reassess with the primary care physician and the neurologist
- Adapt strategies to the progression of the disease: what worked before may no longer work
- Celebrate small improvements: even a slightly better night is a victory

MODULE 4

Taking Care of Yourself

4 lessons

Lesson 1 - Lesson 1 - The impact of disturbed nights on the caregiver

- The chronic sleep debt of the caregiver: a serious health risk
- The consequences of prolonged sleep deprivation: cognition, immunity, mood, safety
- Recognizing the signs that you are no longer able to manage nights alone
- Your sleep is just as important as that of your loved one

Lesson 2 - Lesson 2 - Finding support

- Specialized associations by pathology: France Parkinson, France AVC, SEP France — night resources
- Support groups for caregivers managing difficult nights
- Psychological support: accessing it quickly without waiting for a crisis
- Listening platforms for caregivers: numbers and availability

Lesson 3 - Lesson 3 - Organizing the relays

- Identify who can take over certain nights
- Professional night services: knowing them before needing them in an emergency
- Financial assistance to fund night care: APA, PCH, mutual insurance
- Setting up support before reaching your limit: anticipating is an act of care

Lesson 4 - Lesson 4 - Practical resources

- Sleep monitoring tools adapted for neurological diseases
- Digital applications useful for nighttime caregivers
- National Sleep Institute, patient associations, caregiver platforms
- Questions to ask during the next neurological consultation about sleep

Teaching methods

- 100% online training accessible 24/7 from any device
- Self-paced learning with practical videos and downloadable resources
- Concrete case studies specific to each neurological condition
- Printable sleep diaries and nighttime monitoring tools
- Access to a resource library: checklists, safety guides, contact lists
- Certificate of completion issued by DYNSEO, Qualiopi-certified organization