

March is National Sleep
Awareness Month



CAREGIVING & STAYING HEALTHY: **Rest for Caregivers: Tools for Supporting Good Sleep**

**Strategies for supporting beneficial
sleep for you and your loved one.**



Sleep disruption is a major issue for people with dementia and affects the entire household. This presentation describes the importance of sleep for mental and physical health, the normal sleep cycle, and changes in sleep patterns that occur with aging and with memory loss. Strategies for getting a good night's sleep are reviewed, including self-care habits and approaches. Join us for the interactive session through your computer or phone.

FOR MORE INFORMATION:

Contact **Mary Catherine Lundquist** at
lundqumc@ubhc.rutgers.edu or call
Care2Caregivers at **800.424.2494**

March 13, 2024 | 1:00-2:00 pm

Click [HERE](#) to register.

*After registering, you will receive a confirmation email with
log in link.*

800-424-2494

RUTGERS HEALTH

University Behavioral Health Care
COPSA Institute for Alzheimer's Disease & Related Disorders