

# How to Deal With Sundown Syndrome in Elderly People

Sundown syndrome, also known as sundowning, is a term used to describe a set of behaviors that typically occur in the late afternoon or early evening. It may be caused by a medical condition, or other factors, and it is best managed by a skilled physician.

For elderly people, sundowning symptoms can be very frightening. As a result, it is important to take steps to help them. Some of the most effective ways to combat sundowning include providing them with a relaxing environment, giving them the proper medications, and limiting their exposure to stimuli.

The first step is to determine if sundowning is in fact happening. You can do this by performing a medical exam. This will allow you to identify any other health conditions that are contributing to the problem. Other factors that may be triggering the behaviors include depression, fatigue, and low light.

You can also help your loved one by creating a calm and restful bedroom. Try to create a quiet environment and avoid loud TV shows. A full-spectrum fluorescent light can be placed about 3 feet from the person.

Another thing you can do to help is to encourage your loved one to participate in regular physical activities. In addition, make sure to keep the room clean.

Keeping a log of symptoms is a great way to help you get a better idea of the problems you are facing. However, be careful not to force your loved one to do something they are not ready to do. Dementia Trackers UK Trying to push them into doing something they are uncomfortable with can lead to agitation.