

NIGHTTIME & BED-EXIT SAFETY

Safer Nights. More Peace of Mind.

Simple Steps for Safer Nights

- 1 **Consider a bed-exit alert or pressure mat** to help alert you when your loved one gets up.
- 2 **Use soft night-lights** to illuminate the path without making the room too bright.
- 3 **Keep a clear, clutter-free path** from the bed to the bathroom and back.
- 4 **Encourage supportive, non-slip footwear** that is easy to put on.
- 5 **Remove tripping hazards** such as loose rugs, cords, and items on the floor.
- 6 **Use a caregiver pager or alert system** so help is close when needed.

A Few Extra Things to Consider

Choose safety supports based on the person's abilities and home environment. Keep frequently used items easy to reach, make sure lighting is comfortable, and consider whether the route to the bathroom can be simplified.

Important Safety Note

Nighttime waking can have many causes. If there is a sudden change in sleep, balance, walking, confusion, pain, or bathroom habits, consider contacting the person's healthcare professional. Safety products can provide an alert, but they do not replace supervision when supervision is needed.

The Dementia Roadmap

Compassion. Guidance. Hope.

Small changes today can help create safer nights tomorrow.