



When the night is interrupted

Separate what needs a response from what needs a new plan.

A note from Victoria

Interrupted sleep changes everything. You deserve a care plan that accounts for your limits as well as the person's needs.

What to do

For three nights, note the time, reason for waking, and what helped. Ask the clinical team about recurring symptoms, safety concerns, or equipment issues; do not change treatment on your own. Consider whether a trusted person can cover an early morning or one night of nonclinical support.

Words you can use

"Nighttime has changed. Here is what we have observed. What should we watch for, and what options would make care safer?"

One useful step I can take today:

I could start with: Record tonight's pattern without judging yourself for being tired.

The strength I see in you

Your fatigue is information, not a character flaw.



When the night is interrupted

Use this page in your own words. You can leave any part blank.

When and why sleep was interrupted

A pattern to share with the care team

A safe way someone could cover a rest period

My next manageable step

A person, service, or place I can turn to (if useful)
