

ALZHEIMER'S DEMENTIA CARE: FINDINGS AS A LIVE-IN CARER

Observations on Sleep, Cognition, and Behavioral Interventions

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INTEGRATED SUPPORTIVE CARE OBSERVED SIGNIFICANT SLEEP QUALITY IMPROVEMENTS CLINICAL COLLABORATION OPPORTUNITY				
This journal documents supportive interventions alongside physician-prescribed treatment for Alzheimer’s dementia. The primary goal is to clearly describe observed outcomes, practical limitations, and questions for clinical experts.	Morning Herbal Tea: Infusions of <i>Lantana camara</i>, Moringa, and Green tea with Rosemary. Dietary Management: Balanced diet with focus on cholesterol control. Creatine Monohydrate: Dosage of 3–5g daily. Targeted ATP regeneration to support cellular energy metabolism in muscle and brain tissue. Magnesium Spray: Topical Magnesium Chloride (5–10 sprays) applied to skin 30–60 mins before bedtime to bypass gastrointestinal system. Synthetic nootropic administered intranasally (0.1–0.3 mg) for direct CNS absorption and BDNF modulation.	Key Finding: Significant reduction in agitation and anxiety. Patient returned to sleep within 30–60 minutes. Night-time dosing caused increased alertness and insomnia. Not suitable for night dosing in this patient profile. Dr. Ian Macharia Review: Identified enlarged tonsils. Assessed sleep apnea challenges in dementia patients (nasal vs. full-face masks).	CIRCADIAN MISALIGNMENT TRIGGER •Delayed Insomnia: Dosing late at night caused sudden spikes in attention, agitation, and sleeplessness. •Sleep Debt Accumulation: The patient struggled to stay asleep, fragmenting the rest of their night. •Next-Day Crash: Led to severe morning fatigue, daytime brain fog, and extended daytime naps. Observation: Bedtime administration should be strictly avoided.	https://www.justbliss.co.za/cdn/shop/files/Lavender-Magnesium-Oil-Spray-250ml-Natural-Muscle-Sleep-Support-JUSTBLISS-Naturals-46964475232461.png?v=1780467425 http://www.kingz.com/cdn/shop/articles/createine-for-bjj_e37bba83-f0db-4cd2-a10d-74601f4f1bae.jpg?v=1775200824 https://res.cloudinary.com/hdgrv2tqh/image/upload/c_fit,f_auto,h_1024,w_1024/v1/media/iStock-2173937466.jpg?_a=BACE6GGTn
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