

20 Questions to Ask When a Care Partner or Resident Walks Around at Night



1. What do you do when your bladder is full? Does it ever happen at night? Sometimes more than once in one night?
2. What would you do if you got up in the night because you had to pee and you couldn't find the bathroom? Would you go back to bed?
3. What would you do if you were thirsty in the night? Would you get up to get a drink?
4. What if you got up to get a drink and couldn't find the bathroom or the kitchen? What if you couldn't find the light switches either?
5. When you were a child, did you ever crawl into your parents' bed because you felt afraid at night? Did it help you feel safe?
6. Do you, have you or did you ever let your children crawl into bed with you because they are or were afraid of the dark or of something else in the night?
7. Do you ever have nightmares or bad dreams? Have they ever been so disturbing that you wanted to get up?
8. How would you feel and what would you do if you woke up from a deep sleep and you were in a strange place you had never been before and you were all alone?
9. How would you feel and what would you do if you woke up in the night and you weren't in your own bed? What if there were a stranger lying asleep beside you?
10. Have you ever gotten up in the night because you felt hungry?
11. What if you got up to have cookies and milk and you couldn't find the kitchen? What if the place you were in was like a maze and you became lost?
12. What would you say to someone who told you it was night when it was day? What if they told you had to go to bed in the middle of the day?
13. How would you feel and what would you do if you lived alone and you found strangers in your house at night when you got up to get a drink of water?
14. What would you do and how would you feel if you went to the bathroom in the night, and when you were finished you didn't know how to get back to your bedroom? Would you stay in the bathroom? Would you try to find your bedroom?
15. If you were being held prisoner, and a chance arose to escape, would you take it even if it were during the night?
16. How would you feel if you lay down on the sofa for a nap on a sunny afternoon and the next thing you knew you woke up in someone else's bed in the dark with pyjamas and a diaper on?
17. Have you ever gone into a room to get or do something and then forgotten what you went to get or do? What if that happened to you in the night? What if you were in a hotel at the time?
18. Have you or do you know anyone who has sleep walked? Do you ever get up in the night and have only a vague memory of having done so the next day? Do you sometimes feel groggy and disoriented when you wake up? Do you ever get up and function on "autopilot?"
19. Is it harder or easier to navigate in the dark than in the light? Would it be harder or easier if you forgot to put your glasses on?
20. Is it normal for healthy adults to go to bed at 7 p.m and sleep straight through to 7 a.m. the next morning? Do you regularly sleep 12 hours a night without waking?