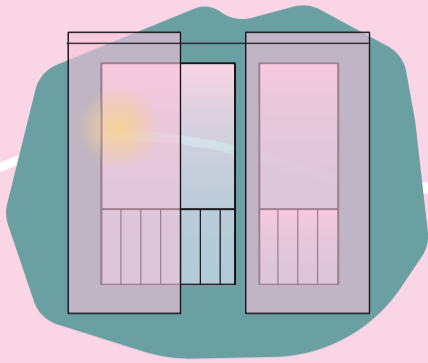


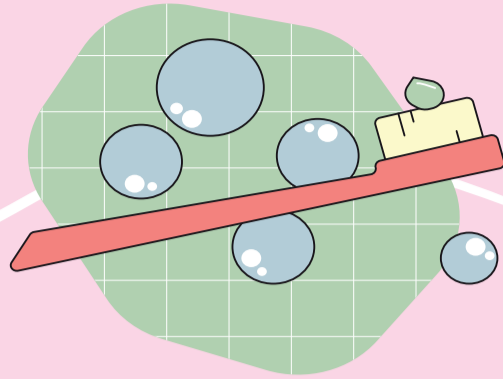
# A Healthy Person



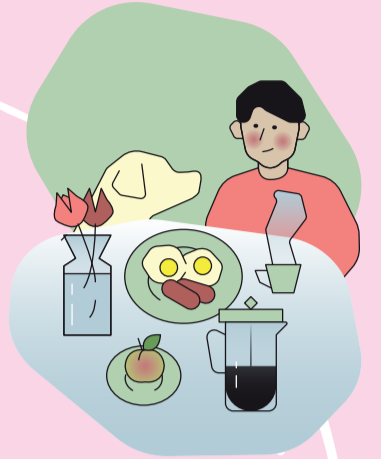
Wake up at the same time each morning. Use alarm clock.



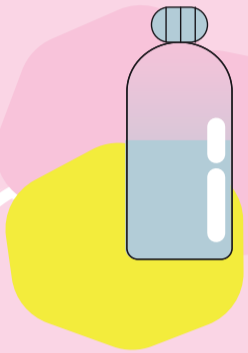
Use bright light right after waking up for 10 minutes to signal your brain to keep you alert.



Brush at least 2 minutes, clean all surfaces.



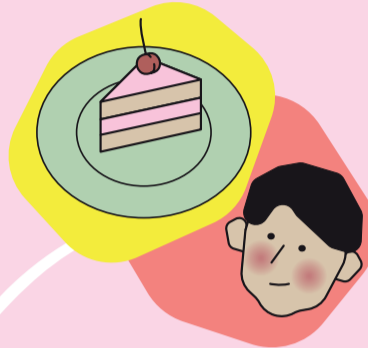
Eat while seated. Enjoy nutritious, beautifully set food. Eat slowly, and chew properly.



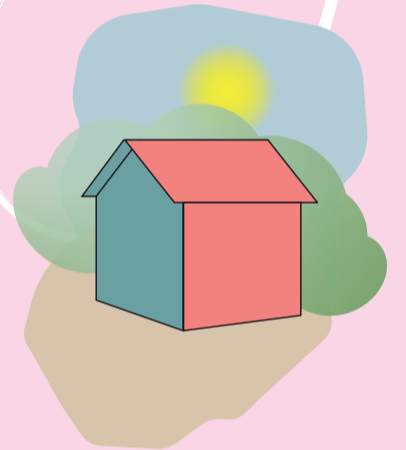
If you are thirsty, drink water.



Be active during each day for at least 1 hour. Try to get sweaty!



Keep 3-4 hours breaks between meals.



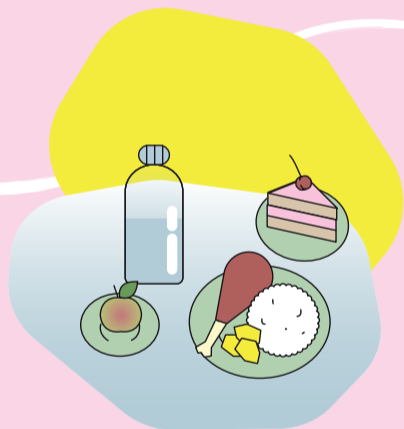
Be in bright light.



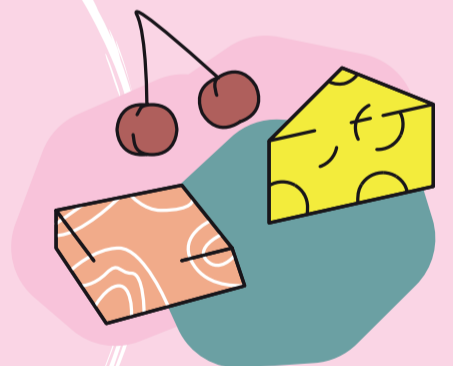
If you tend to worry a lot, keep a diary to write down the problems. Think about them. Set aside.



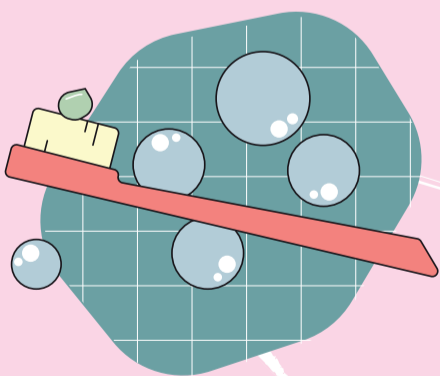
Keep communicating with family and friends. Play with pets.



Have your meals on set times. Enjoy sweets and dessert with the main meal.



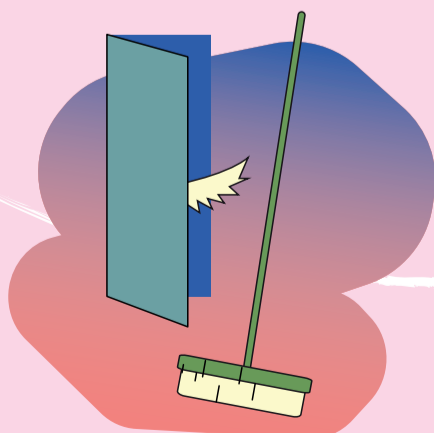
Eat a light protein rich pre sleep meal at least 1.5 h before bedtime



Go to bed with clean teeth.



60-90 minutes prior to bedtime wind down with activities what relax you.

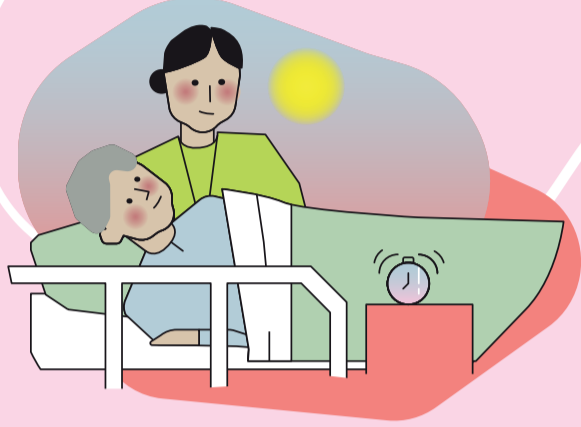


Do not let the pets and snoring spouse disturb your sleep. Seek help against snoring!

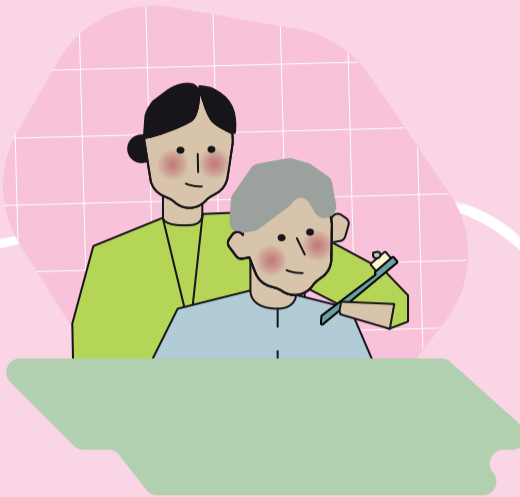


Sleep in a neat, quiet, cool, dark environment.

# An Older Person With Neurodegenerative Disease

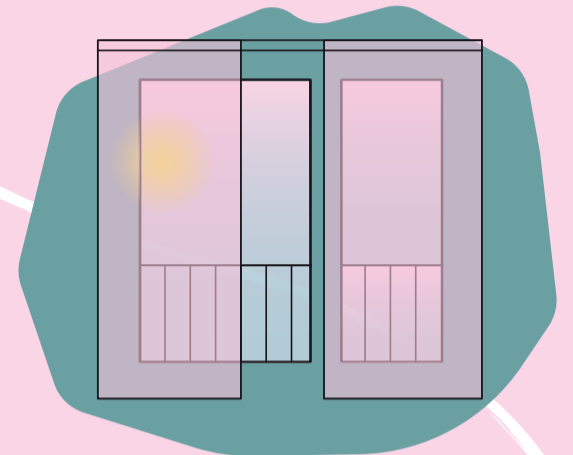


Patient should wake up regularly at time suitable for her based on personal preference.



1. Oral cavity needs to be cleaned 4 times a day.

2. Exercises to improve mastication, swallowing and speech



Day light in morning is good to be awake and alert during the day.



Remain physical and mental activity.



Offer activities known to patient to stimulate communication

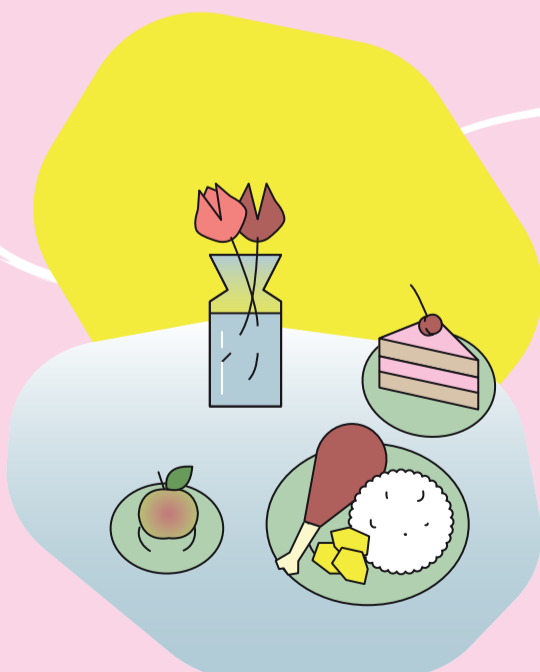


1. Food has to be nutritious, beautifully set.

2. Make sure the patient is collaborative.

3. Follow the swallowing pattern – larynx has to raise and fall.

4. No rush while feeding!



Try to remain regular meal times.



Perform exercises to improve external larynx muscles function.

Also dentures and mouth mucosa need cleaning, at least daily.



Sleep in a neat, safe, quiet, cool, dark environment.