

# %sundown% Late day confusion in people with dementia Mayo Clinic The dawn phenomenon What can you do? Mayo.

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Original URL: <https://tools.orientwatchusa.com/sundown.pdf>

Mar 26 2024 The term sundowning refers to a state of confusion that occurs in the late afternoon and lasts into the night. Sundowning can cause various behaviors such as confusion anxiety aggression or ignoring directions. Sundowning also can lead to pacing or wandering. Sundowning isn t a disease

It s a Nov 12 2022 The dawn phenomenon is an early morning rise in blood sugar also called blood glucose in people with diabetes. The dawn phenomenon leads to high levels of blood sugar a condition called hyperglycemia. It usually happens between 4 a.m. and 8 a.m

The cause of the dawn phenomenon isn t clear. Some Jun 24 2023 See photos of common skin conditions that are caused by too much time in the sun Mar 28 2025 Breastfeeding nutrition Tips for moms Breastfeeding nutrition can be confusing

How much should you eat? What should you avoid? How might your diet affect your baby? Follow these important nutrition tips

By Mayo Clinic Staff Dec 13 2024 Promptly spotting stroke symptoms leads to faster treatment and less damage to the brain 4 days ago Causes In Parkinson s disease nerve cells in the brain called neurons slowly break down or die

Many Parkinson s disease symptoms are caused by a loss of neurons that produce a chemical messenger in the brain. This messenger is called dopamine. Decreased dopamine leads to irregular brain activity. This causes movement problems and other symptoms of Parkinson s disease

People with Parkinson s Dec 16 2025 Melatonin is generally safe for short term use. More research is needed to better understand its safety and usefulness over the long term

Unlike many sleep medicines with melatonin you are unlikely to become dependent on it or see reduced effectiveness over time. The most common melatonin side effects include Headache. Dizziness. Nausea

Daytime drowsiness. Other less common melatonin.

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