

Waking and Retiring



MORNING SUNSHINE!

I usually get up around _____

My preferred method of wake-up is:

- Self
- Gentle Good Morning from Staff

It helps me get started if you:

(Check all that apply)

- Turn the TV on. Preferred Channel: ____
- Deliver my newspaper
- Set a cup of coffee by my chair
- Turn on the overhead lights
- Turn on the lamps
- Let the sunshine in (open blinds)
- Lay out my robe and slippers
- Lay out my clothes for the day
- Give me a hand getting ready

SLEEP WELL!

I usually call it a day around _____

My preferred method of retiring is:

- Self
- Cheerful assistance from Staff

I rest better if you:

(Check all that apply)

- Turn the TV on. Preferred Channel: ____
- Set the TV remote on my nightstand
- Set a cup of cold water by my bed
- Turn off the overhead lights
- Turn off the lamps
- Close the blinds
- Leave my bathroom light on
- Lay out my nightgown or pajamas
- Give me a hand getting ready

Nap Preferences

None

AM (____)

PM (____)