



# Nighttime Checklist for Busy Caregivers



In Collaboration With

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[TheUltimateCaregivingExpert.com](http://TheUltimateCaregivingExpert.com)

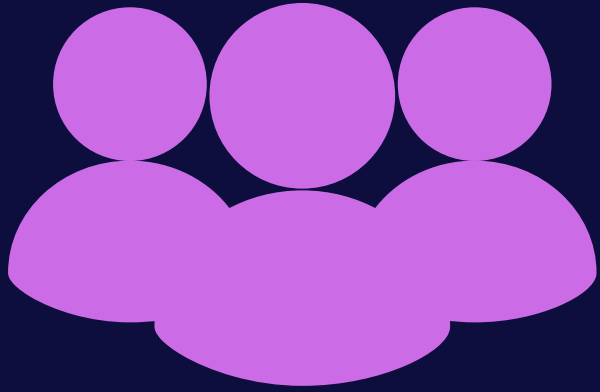


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— Be Dry. Be Confident. Be You. —



# Caregivers at a Glance



40 million people in the U.S. are caregivers to families, friends and neighbors.



1 in 6 Americans work while caring for an elderly or disabled family member.



Caregiving may cause health conditions, including depression, anxiety and other chronic illnesses.



Caregivers spend 6 days per month on average providing assistance with activities of daily living.

# Self-Care 101

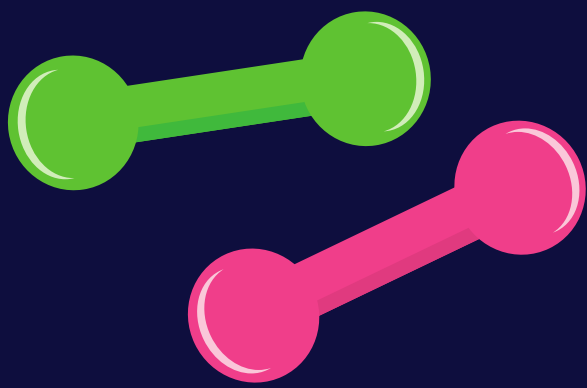
Practicing self-care is essential when caring for another person.



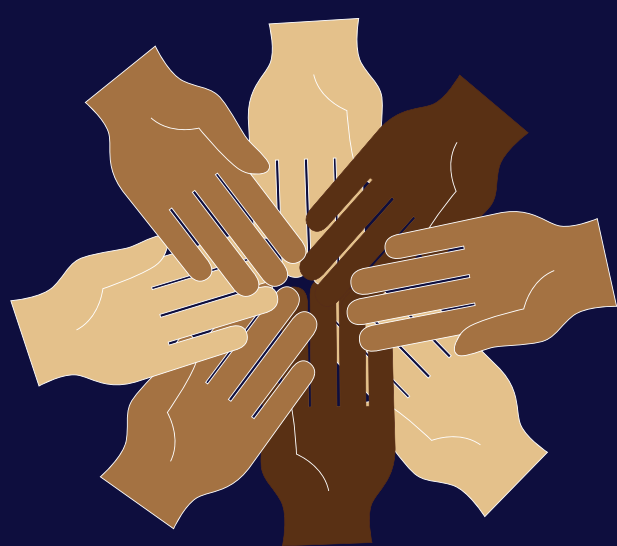
Get at least 7–8 hours of sleep. The more rest you have, the better you can care for yourself and others.



Incorporate a healthy , well-balanced diet that includes fruits and vegetable as well as eight glasses of water daily.



Stay active with regular exercise, which promotes endurance, balance, strength, flexibility and good health.

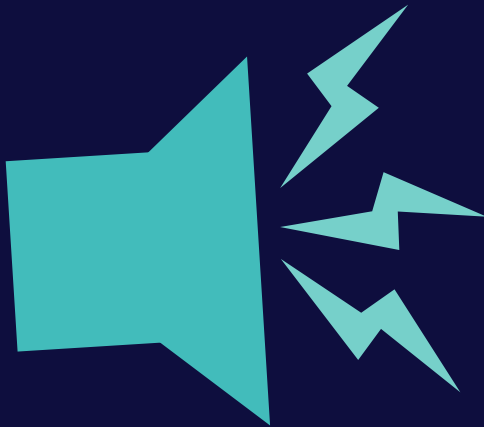


Seek necessary support from friends, family members and professionals when needed.

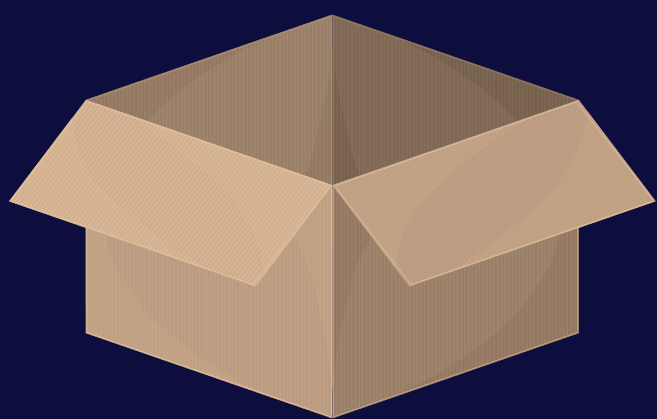
# Creating a Safe Environment



Consider bed rails to prevent falls and injuries when repositioning someone or changing linens.



Use a monitor to listen for movements, which may help in responding quickly if necessary.



Keep a box near the bed with personal belongings, clothes or products for easy changes and access.



Use a bed alarm or timer to set scheduled alerts when it is time to wake, get up and engage in other activities.

# Bedding Protection



## Washable Underpads

The Champion Washable Underpad line offers moderate to maximum absorbency options in a variety of sizes.



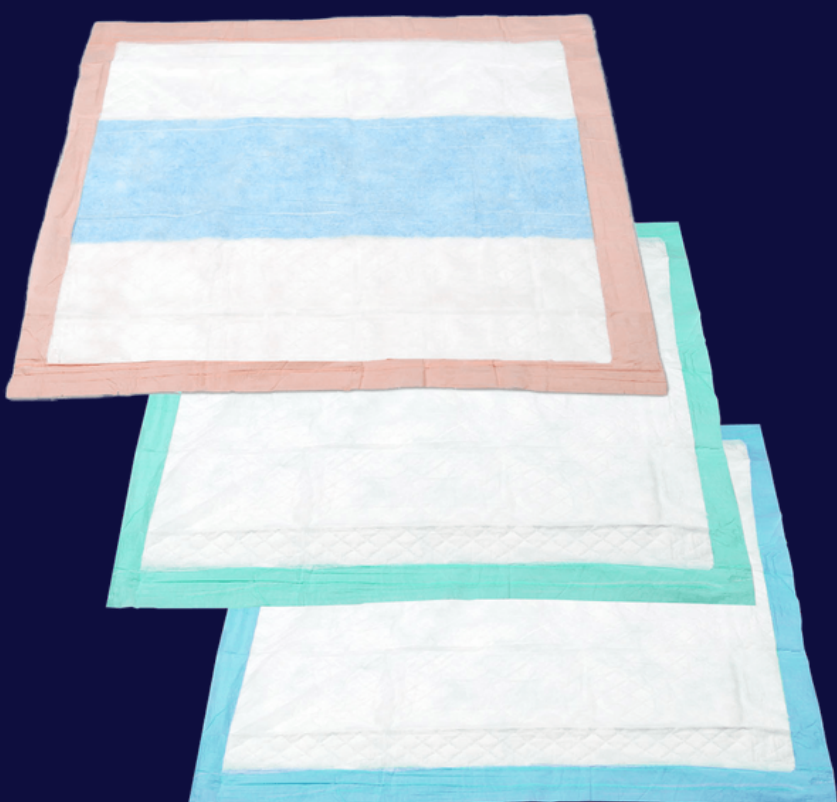
## MagicSorb

Finally, an all-day or all-night waterproof super-absorbent pad with magical wicking and odor absorbing lining.



## MagicSorb Air

Air permeable, allowing them to contribute to reduce heat buildup and improve skin dryness. It is 2X MORE absorbent than other underpads, lessening the need for multiple pad use.



## Premium Underpads

Top selling disposable chux underpads with thicker cotton fluff linings than economy underpads. Available in 3 sizes and absorbency levels.



# Overnight Diapers & Underwear



## MEGAMAX Briefs

- Up to 12 hours of protection
- Strong tape tabs keep briefs secure
- Landing zone allows for a secure fit



## Supreme Briefs

- Plastic backsheet offers odor control
- Extra coverage in the front and rear
- Elastic keeps diaper close to the body



## GoSupreme Underwear

- Improved leg elastics
- Absorbent coverage in front and rear
- Dual leak guards prevent leaks



## AirPremium Briefs

- Breathable backsheet
- Four strand leg gathers prevent leaks
- Rustle-free exterior for a discreet fit

# Additional Supplies



## NorthShore Supreme Wipes

- Extra-long size ( 9" X 13")
- Heavy-duty and resists tearing
- Hypoallergenic
- Soft and gentle on skin



## Diaper Covers

- Machine washable
- 100% waterproof
- Snap-on and pull-up styles
- Unisex



## Scented Disposal Bags

- Opaque color helps hide contents
- Extra-large size



## Bodysuits

- Breathable, cotton material
- Snaps keep diapers in place
- Available in a variety of colors
- Discreet fit



# Searching for the Right Incontinence Supplies?



## Shop Now!

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or Visit [NorthShore.com](http://NorthShore.com)



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