SLEEP & AGING

WHAT'S NORMAL?-

Aging itself doesn't seem to account for sleep complaints in older adults. If you're not happy with your sleep, talk with your doctor about possible causes and healthy ways to improve it, says Johns Hopkins sleep researcher Adam Spira, Ph.D.





FALLING ASLEEP AND WAKING UP EARLIER



MORE TIME IN LIGHTER SLEEP



MORE AWAKENINGS— 3-4X/NIGHT

MARKET

CHANGES IN PART OF BRAIN THAT CONTROLS SLEEP * NATURALLY LOWER LEVELS OF GROWTH HORMONE AND MELATONIN

IS YOUR SLEEP HEALTHY?

HAS TROUBLE FALLING ASLEEP

HAS OBSTRUCTIVE SLEEP APNEA

HAS RESTLESS LEGS SYNDROME



7-9
HOURS OF SLEEP: WHAT A
HEALTHY, OLDER ADULT NEEDS

THE SLEEP DIFFERENCE

POOR SLEEP IS LINKED TO

HIGHER RISK FOR FALLS, DEPRESSION AND DEMENTIA + MORE DIFFICULTY MANAGING CONDITIONS LIKE CHRONIC PAIN, DIABETES AND HEART DISEASE

KNOW THE SLEEP STEALERS



OR LATE



CAFFEINE IN THE AFTERNOON OR EVENING



LACK OF EXERCISE



"SCREEN TIME" CLOSE TO BEDTIME



HEALTH CONDITIONS

\ominus

NIGHTTIME BATHROOM TRIPS

Eighty percent of adults age 80 and older are awakened by the need for night-time bathroom trips. Underlying causes may include diabetes, enlarged prostate, infections and kidney disease.



MEDICATIONS
Alpha-blockers and
beta-blockers (for
high blood pressure
and heart disease),
selective serotonin
resptales inhibitors
(for depression),
steroids, cold
medicines, disretics,
micotine gum and
patches, and more

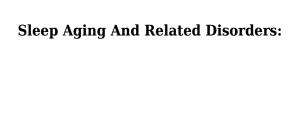
can interfere

with sound sleep.

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Sleep Aging And Related Disorders

L Reisser



Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Sleep Aging And Related Disorders**. This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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