

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.

NATURAL SLEEP CHANGES



FALLING ASLEEP AND WAKING UP EARLIER



MORE TIME IN LIGHTER SLEEP



MORE AWAKENINGS—3-4X/NIGHT

NOTE

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

THE SLEEP DIFFERENCE

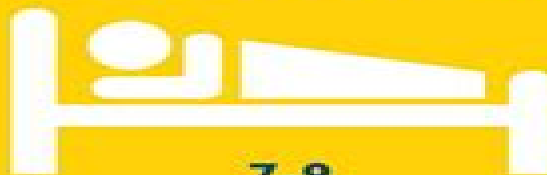
POOR SLEEP IS LINKED TO HIGHER RISK FOR FALLS, DEPRESSION AND DEMENTIA + MORE DIFFICULTY MANAGING CONDITIONS LIKE CHRONIC PAIN, DIABETES AND HEART DISEASE

IS YOUR SLEEP HEALTHY?

1:3
HAS TROUBLE FALLING ASLEEP

1:4
HAS OBSTRUCTIVE SLEEP APNEA

1:8
HAS RESTLESS LEGS SYNDROME



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

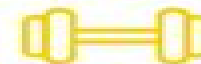
KNOW THE SLEEP STEALERS



LONG OR LATE NAPS



CAFFEINE IN THE AFTERNOON OR EVENING



LACK OF EXERCISE



"SCREEN TIME" CLOSE TO BEDTIME

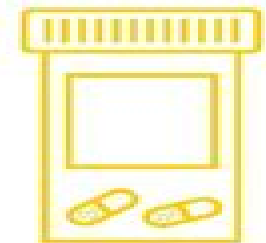


CERTAIN HEALTH CONDITIONS



NIGHTTIME BATHROOM TRIPS

Eighty percent of adults age 60 and older are awakened by the need for nighttime 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 reuptake inhibitors (for depression), steroids, cold medicines, diuretics, nicotine gum and patches, and more can interfere with sound sleep.

Sleep And Aging

Rosina Ehmann



Sleep And Aging:

Embracing the Tune of Appearance: An Psychological Symphony within **Sleep And Aging**

In a global consumed by displays and the ceaseless chatter of instantaneous interaction, the melodic beauty and mental symphony created by the prepared term frequently disappear in to the backdrop, eclipsed by the relentless noise and disturbances that permeate our lives. Nevertheless, situated within the pages of **Sleep And Aging** an enchanting literary value brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of the emotional assessment, we will examine the book is key harmonies, analyze their enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://archive.kdd.org/files/detail/HomePages/Thank_You_Mr_Moto.pdf

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hirnfunktionsverluste diese Ängste sind unter umständen nur schwer zu bekämpfen weil sie häufig nicht unbegründet sind
außerdem ist die diagnose von angststörungen im alter schwieriger zu stellen

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menschen vor gefahren warnt und schützt angst ist also gesund sie kann sich aber auch zu einer angst störung entwickeln
und somit krank machen Ängste im alter sind anders

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erhalten patientinnen patienten und angehörige antworten auf häufige fragen sowie anregungen zum umgang mit der
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modells verstanden werden angststörungen im alter werden oft nicht erkannt und ausreichend behandelt die medikamentöse
und psychotherapeutische kombinationstherapie ist am effektivsten

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im laufe des lebens diese diagnose frauen sind doppelt so häufig betroffen wie männer meist beginnt eine angststörung im
mittleren erwachsenenalter manchmal aber auch schon im kindes oder erst im seniorenalter

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eine rolle spielten als die angst vor raubkatzen wölfen schlangen und giftigen spinnen

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seniorinnen und senioren darunter wobei frauen doppelt so oft betroffen sind bei älteren menschen hängt die entwicklung
einer angsterkrankung häufig mit den veränderungen und herausforderungen zusammen die der herbst

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web jan 1 1973 disregard the slow beginning the story picks up steam and never stops the story has everything that made chandler famous setting scenery descriptions characters of every description good cops bad cops crooked politicians and every type of rich hollywood personality that has ever existed

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web jan 1 2010 raymond thornton chandler july 23 1888 march 26 1959 was a british american novelist and screenwriter in 1932 at age forty four chandler decided to become a detective fiction writer after losing his job as an

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web dec 14 2022 that book was inspired in part by the crime novel and nobody holds higher court in that genre than raymond chandler who s the author of the big sleep and who also wrote one of steph cha s

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wraith outside the terrace of the dancers the parking lot attendant had brought the car out and he was still holding the door
open because terry lennox s left foot was still dangling outside as if he had forgotten he had one