

# 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

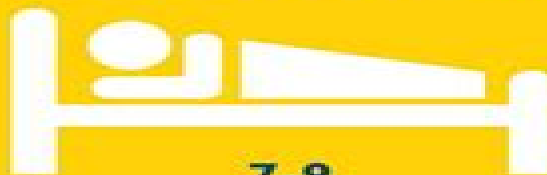
**POOR SLEEP IS LINKED TO HIGHER RISK FOR FALLS, DEPRESSION AND DEMENTIA + MORE DIFFICULTY MANAGING CONDITIONS LIKE CHRONIC PAIN, DIABETES AND HEART DISEASE**

### 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

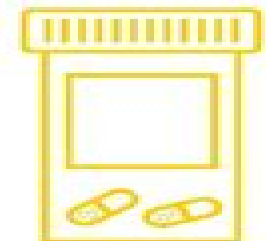


CERTAIN HEALTH CONDITIONS



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

**Patrick R. Hof, Charles V. Mobbs**



## **Sleep And Aging:**

## Whispering the Secrets of Language: An Mental Quest through **Sleep And Aging**

In a digitally-driven earth wherever screens reign supreme and instant interaction drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within words frequently get unheard. Yet, set within the pages of **Sleep And Aging** a interesting fictional prize blinking with organic emotions, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, that charming opus encourages viewers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the fabric of each and every word. Within the mental depths of the moving evaluation, we can embark upon a heartfelt exploration of the book is core styles, dissect their fascinating publishing design, and fail to the strong resonance it evokes strong within the recesses of readers hearts.

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