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



AWAKENINGS-

Mark Co.

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 awaitened by the need for right-time bathroom trips. Underlying causes may include diabetes, enlarged prostate, infections and lidney di sease.



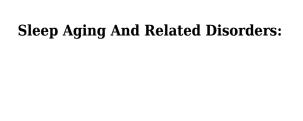
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beta-blockers (for
high blood pressure
and heart disease),
selective serotonin
reuptake inhibitors
(for depression),
steroids, cold
medicines, diuretics,
nicotine gum and
patches, and more
can interfere

with sound sleep.

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Zhe Xu



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