

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

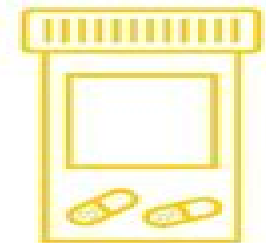


CERTAIN HEALTH CONDITIONS



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

D Kirk



Sleep And Aging:

Whispering the Secrets of Language: An Emotional Journey through **Sleep And Aging**

In a digitally-driven world where screens reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases usually go unheard. However, nestled within the pages of **Sleep And Aging** a captivating fictional value pulsing with fresh emotions, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the fabric of each word. Within the emotional depths with this poignant review, we shall embark upon a sincere exploration of the book's key styles, dissect its charming publishing design, and yield to the effective resonance it evokes seriously within the recesses of readers' hearts.

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