



# LE SOMMEIL CHEZ LES PERSONNES ÂGÉES

## LE SOMMEIL

- État physiologique périodique de l'organisme pendant lequel la vigilance est suspendue et la réactivité aux stimulations amoindrie.
- Cycle: des phases de sommeil lent, profond, réparateur, et paradoxal.
- Période de sommeil de 7 à 8h en moyenne par 24h.
- fonction physiologique vitale pour l'organisme impactant l'état de santé et le vieillissement
- plusieurs fonctions : repos physique et psychologique, croissance et de restauration, consolidation mnésique, maturation du système nerveux et de gestion du stress.



## CHEZ LA PERSONNE ÂGÉE

- Le sommeil chez la personne est différent des adultes.
- Les cycles sont souvent modifiés, moins de temps et d'efficacité du sommeil.
- L'endormissement peut être plus lent
- Ils se couchent et se lèvent plus tôt
- Le sommeil léger et les éveils peuvent être plus importants
- les sommeils profonds et paradoxaux peuvent être moins importants
- Les troubles du sommeil sont plus fréquents

Sommeil et âge



## LES PATHOLOGIES LIÉES AU SOMMEIL CHEZ LES PERSONNES ÂGÉES

- Encore méconnues, les pathologies liées au sommeil sont bien souvent négligées
- les plaintes chez la personne âgée sont souvent banalisées et sous analysées
- Elles peuvent avoir des conséquences graves (obésité, dépression, troubles comportementaux...)
- Les pathologies liées au sommeil augmente avec l'âge
- Elles ont un impact sur les fonctions cardiaques, mnésiques et sur la mortalité
- Les plus fréquentes sont:
  - L'insomnie
  - l'apnée du sommeil
  - le syndrome des jambes sans repos
  - les troubles du comportement au repos
  - l'hypersomnie



## Les solutions

- Souvent, les personnes âgées sont amenées à prendre des médicaments sédatifs et hypnotiques comme des somnifères, tranquillisants mais cela peut avoir des effets indésirables graves (polymédication).
- Des solutions alternatives existent comme des tisanes, une alimentation et des habitudes saines, une chambre tempérée...



# Sommeil De Personne

**Wenbin Ji**



**Sommeil De Personne:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Sommeil De Personne**

In a world inundated with displays and the cacophony of instantaneous communication, the profound power and mental resonance of verbal artistry usually diminish in to obscurity, eclipsed by the constant assault of sound and distractions. However, situated within the musical pages of **Sommeil De Personne**, a fascinating function of literary splendor that pulses with natural thoughts, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that interesting opus instructions viewers on an emotional odyssey, softly exposing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect their interesting publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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