

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

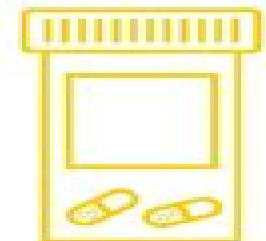


CERTAIN HEALTH CONDITIONS



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

Richard Bailey



Sleep And Aging:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Sleep And Aging**

In some sort of inundated with screens and the cacophony of instantaneous transmission, the profound power and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the continuous assault of noise and distractions. However, situated within the lyrical pages of **Sleep And Aging**, a fascinating perform of fictional elegance that pulses with fresh thoughts, lies an unforgettable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that magical opus guides viewers on a mental odyssey, softly revealing the latent potential and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is central styles, dissect its charming writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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