

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

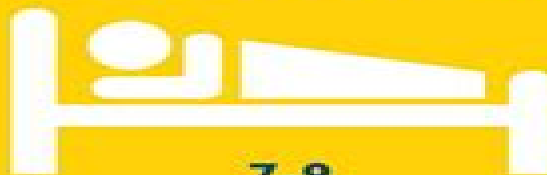
POOR SLEEP IS LINKED TO HIGHER RISK FOR FALLS, DEPRESSION AND DEMENTIA + MORE DIFFICULTY MANAGING CONDITIONS LIKE CHRONIC PAIN, DIABETES AND HEART DISEASE

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

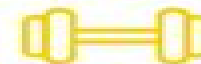
KNOW THE SLEEP STEALERS



LONG OR LATE NAPS



CAFFEINE IN THE AFTERNOON OR EVENING



LACK OF EXERCISE



"SCREEN TIME" CLOSE TO BEDTIME

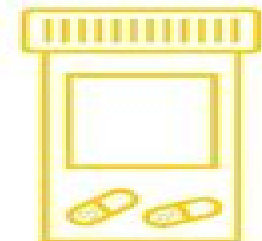


CERTAIN HEALTH CONDITIONS



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

Julia Schneider



Sleep And Aging:

Sleep and Aging Kevin Morgan,1987 **Sleep and Aging** Mark P. Mattson,2005-06-20 The book describes the mechanisms involved in the maintenance of neuroendocrine immune interactions in ageing The lack of this maintenance leads to the appearance of age related diseases cancer infections dementia and subsequent disability The capacity of some hormones or nutritional factors in restoring and remodelling the neuroendocrine immune response during ageing is reported presenting possible new anti ageing strategies in order to reach healthy ageing and longevity **Sleep, Aging and Related Disorders** W. Emser,D. Kurtz,W. B. Webb,1987-03-17 Sleep and Aging Kevin Morgan,1987 *Sleep and Ageing* Kevin Morgan,2017-09-07 Sleeping patterns change with age whether we are growing up or growing old While most people are prepared for the rapidly altering sleep patterns of growing children the evidence suggests that many are unprepared for additional sleep changes in later life either in themselves or in others In this book originally published in 1987 two research disciplines social gerontology and sleep research are brought together with the aim of providing a straightforward account of how sleep is changed and disrupted by the biological and social impact of ageing Attention then focuses on the personal and clinical response to these changes The use of sleeping drugs among elderly people is critically examined and effective alternatives including self help practices and psychological therapies are described The influence of ageing on the recall and content of dreams is also considered In the final chapter the author comments on current styles of responding to sleep problems in old age and discusses the need and the scope for change This book deals with topics of universal interest and provides valuable information for those professionally as well as personally concerned with sleep quality in later life including health professionals nurses doctors psychologists etc working with elderly people gerontologists and sleep researchers **Sleep and Clocks in Aging and Longevity** Anita Jagota,2023-03-06 This edited volume focuses on the interplay between sleep and circadian rhythms with health aging and longevity Sleep is absolutely important for human health and survival as insufficient sleep is associated with a plethora of conditions including the poor quality of life onset of several diseases and premature death The sleep wake cycle is an evolutionary conserved neurobiological phenomenon and is a prominent manifestation of the biological clocks localised in the suprachiasmatic nucleus SCN Understanding bidirectional relationship between sleep and circadian rhythms is of utmost importance and urgency especially in the context of modern lifestyle where sleep is often out of phase with the internal body clocks social jetlag artificial lights and so on The 25 chapters by leading researchers and experts from 11 countries are arranged into seven sections understanding sleep and clock interlink in health and longevity sleep aging and longevity clock aging and longevity melatonin sleep and clock genetic regulation of sleep and clock therapeutic interventions in sleep disorders and clock misalignment and experimental models to study sleep and clocks in aging and longevity This book is useful for advanced undergraduate and graduate students and researchers educators and other biomedical professionals Handbook of the Neuroscience of Aging Patrick R. Hof,Charles

V. Mobbs, 2010-05-22 A single volume of 85 articles the Handbook of the Neurobiology of Aging is an authoritative selection of relevant chapters from the Encyclopedia of Neuroscience the most comprehensive source of neuroscience information assembled to date AP Oct 2008 The study of neural aging is a central topic in neuroscience neuropsychology and gerontology Some well known age related neurological diseases include Parkinson's and Alzheimer's but even more common are problems of aging which are not due to disease but to more subtle impairments in neurobiological systems including impairments in vision memory loss muscle weakening and loss of reproductive functions changes in body weight and sleeplessness As the average age of our society increases diseases of aging become more common and conditions associated with aging need more attention by doctors and researchers This book offers an overview of topics related to neurobiological impairments which are related to the aging brain and nervous system Coverage ranges from animal models to human imaging fundamentals of age related neural changes and pathological neurodegeneration and offers an overview of structural and functional changes at the molecular systems and cognitive levels Key pathologies such as memory disorders Alzheimer's dementia Down syndrome Parkinson's and stroke are discussed as are cutting edge interventions such as cell replacement therapy and deep brain stimulation There is no other current single volume reference with such a comprehensive coverage and depth Authors selected are the internationally renowned experts for the particular topics on which they write and the volume is richly illustrated with over 100 color figures A collection of articles reviewing our fundamental knowledge of neural aging the book provides an essential affordable reference for scientists in all areas of Neuroscience Neuropsychology and Gerontology The most comprehensive source of up to date data on the neurobiology of aging review articles cover normal sensory and cognitive aging neuroendocrine structural and molecular factors and fully address both pathology and intervention Chapters represent an authoritative selection of relevant material from the most comprehensive source of information about neuroscience ever assembled Encyclopedia of Neuroscience synthesizing information otherwise dispersed across a number of journal articles and book chapters and saving researchers the time consuming process of finding and integrating this information themselves Offering outstanding scholarship each chapter is written by an expert in the topic area and over 20% of chapters feature international contributors representing 11 countries Provides more fully vetted expert knowledge than any existing work with broad appeal for the US UK and Europe accurately crediting the contributions to research in those regions Fully explores various pathologies associated with the aging brain Alzheimer's dementia Parkinson's memory disorders stroke Down's syndrome etc Coverage of disorders and key interventions makes the volume relevant to clinicians as well as researchers Heavily illustrated with over 100 color figures

Population Science Methods and Approaches to Aging and Alzheimer's Disease and Related Dementias Research Chau Trinh-Shevrin, 2024-02-13 Gain a thorough understanding of the determinants of health among aging populations how disparities arise in diverse communities and what can be done Reducing health disparities among older people is critical to slowing or reversing the

individual and societal impacts of aging related conditions like Alzheimer's and dementia The field of population science can help us understand disparities and prevent them using community wide strategies Population Science Methods and Approaches to Aging and Alzheimer's Disease and Related Dementias Research offers an overview of the population health approach applying this framework to aging related conditions and their determinants By working hand in hand with diverse communities to address these conditions we can develop primary and secondary prevention strategies that can increase health equity for all Americans Included topics range from population health trends and approaches to understanding community and patient engagement to caregiver perspectives and emerging trends Learn about the population science approach to understanding aging related health concerns in diverse communities See how factors like race income sexual orientation sleep and community engagement affect Alzheimer's and related dementias Read about proactive approaches to primary and secondary prevention within aging populations Discover emerging research and public health initiatives currently underway to promote health equity Students researchers and practitioners alike will benefit from this primer on participatory approaches to reducing health disparities This introduction to the landscape of aging research in the most vulnerable of our communities will facilitate creativity compassion and meaningful next steps in biomedical and socioecological research community support and clinical care

A Man's Guide to Healthy Aging Edward H. Thompson, Edward H. Thompson Jr., Lenard W. Kaye, 2025-10-07 This book offers practical strategies for men to maintain physical mental and social well being throughout aging It covers self care relationships career transitions cognitive health and financial planning Provided by publisher

The Oxford Handbook of Clinical Geropsychology Nancy A. Pachana, Ken Laidlaw, 2014 The Oxford Handbook of Clinical Geropsychology is a landmark publication in this field providing broad and authoritative coverage of the research and practice issues in the field today as well as innovations expanding the field's horizons It includes chapters from the foremost scholars in clinical geropsychology from around the world

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Sleep And Aging Introduction

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