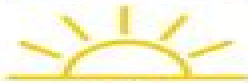


SLEEP & AGING

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

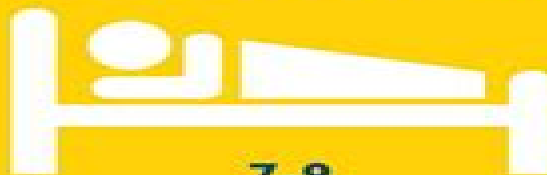
POOR SLEEP IS LINKED TO HIGHER RISK FOR FALLS, DEPRESSION AND DEMENTIA + MORE DIFFICULTY MANAGING CONDITIONS LIKE CHRONIC PAIN, DIABETES AND HEART DISEASE

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

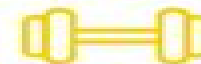
KNOW THE SLEEP STEALERS



LONG OR LATE NAPS



CAFFEINE IN THE AFTERNOON OR EVENING



LACK OF EXERCISE



"SCREEN TIME" CLOSE TO BEDTIME

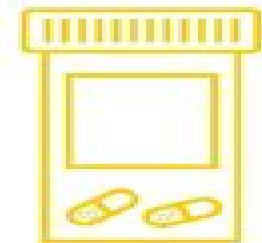


CERTAIN HEALTH CONDITIONS



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

W. Emser,D. Kurtz,W. B. Webb



Sleep And Aging:

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In a digitally-driven world where displays reign great and immediate transmission drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases often move unheard. However, located within the pages of **Sleep And Aging** a captivating literary prize blinking with natural emotions, lies an extraordinary quest waiting to be undertaken. Written by a talented wordsmith, that wonderful opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each and every word. Within the mental depths of the poignant evaluation, we will embark upon a honest exploration of the book is primary subjects, dissect its interesting writing fashion, and yield to the effective resonance it evokes serious within the recesses of readers hearts.

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Table of Contents Sleep And Aging

1. Understanding the eBook Sleep And Aging
 - The Rise of Digital Reading Sleep And Aging
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep And Aging
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sleep And Aging
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep And Aging
 - Personalized Recommendations
 - Sleep And Aging User Reviews and Ratings

- Sleep And Aging and Bestseller Lists
- 5. Accessing Sleep And Aging Free and Paid eBooks
 - Sleep And Aging Public Domain eBooks
 - Sleep And Aging eBook Subscription Services
 - Sleep And Aging Budget-Friendly Options
- 6. Navigating Sleep And Aging eBook Formats
 - ePub, PDF, MOBI, and More
 - Sleep And Aging Compatibility with Devices
 - Sleep And Aging Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep And Aging
 - Highlighting and Note-Taking Sleep And Aging
 - Interactive Elements Sleep And Aging
- 8. Staying Engaged with Sleep And Aging
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep And Aging
- 9. Balancing eBooks and Physical Books Sleep And Aging
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep And Aging
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sleep And Aging
 - Setting Reading Goals Sleep And Aging
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sleep And Aging
 - Fact-Checking eBook Content of Sleep And Aging
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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and his continued reliance on the tonal system to be liabilities

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audiences has made him suspect in the eyes of the musicological establishment in britain