

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

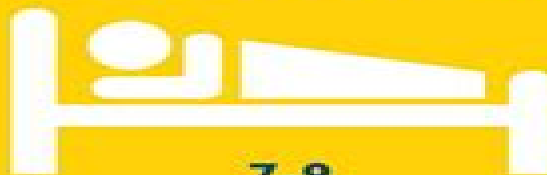
POOR SLEEP IS LINKED TO HIGHER RISK FOR FALLS, DEPRESSION AND DEMENTIA + MORE DIFFICULTY MANAGING CONDITIONS LIKE CHRONIC PAIN, DIABETES AND HEART DISEASE

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

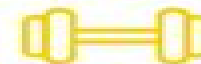
KNOW THE SLEEP STEALERS



LONG OR LATE NAPS



CAFFEINE IN THE AFTERNOON OR EVENING



LACK OF EXERCISE



"SCREEN TIME" CLOSE TO BEDTIME

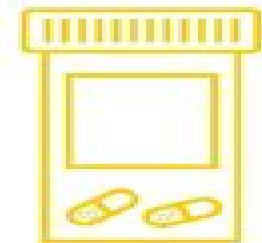


CERTAIN HEALTH CONDITIONS



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

Ying-Ying Zheng



Sleep And Aging:

The book delves into Sleep And Aging. Sleep And Aging is a crucial topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sleep And Aging, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Sleep And Aging
- Chapter 2: Essential Elements of Sleep And Aging
- Chapter 3: Sleep And Aging in Everyday Life
- Chapter 4: Sleep And Aging in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Sleep And Aging. The first chapter will explore what Sleep And Aging is, why Sleep And Aging is vital, and how to effectively learn about Sleep And Aging.
3. In chapter 2, the author will delve into the foundational concepts of Sleep And Aging. The second chapter will elucidate the essential principles that must be understood to grasp Sleep And Aging in its entirety.
4. In chapter 3, this book will examine the practical applications of Sleep And Aging in daily life. This chapter will showcase real-world examples of how Sleep And Aging can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Sleep And Aging in specific contexts. The fourth chapter will explore how Sleep And Aging is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Sleep And Aging. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Sleep And Aging.

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