

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

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

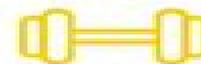
KNOW THE SLEEP STEALERS



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 night-time 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.

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

Sleep And Aging

**James Russell Sowers, James V.
Felicetta**



Sleep And Aging:

Sleep and Aging Kevin Morgan,1987 *Sleep, Aging, and Related Disorders* W. Emser,D. Kurtz,Wilse B. Webb,1987

Sleep and Aging ,1996 **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 **Aging** ,1999 **Adult Development and Aging** John C. Cavanaugh,1990 This book provides sufficient background for students who do not have any knowledge of psychology without watering down the concepts or terminology It features breadth of coverage an inter disciplinary viewpoint and extensive applications from a variety of disciplines *Biomedical Index to PHS-supported Research: pt. A. Subject access A-H* ,1994 *Psychology and Aging* Diana S. Woodruff-Pak,1988

Biomedical Index to PHS-supported Research ,1987 **Sleep, Aging and Related Disorders** W. Emser,D. Kurtz,W. B. Webb,1987-03-17 **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 *Human Aging* Augustine Gaspar DiGiovanna,1994 This text provides comprehensive coverage of biological aspects of human ageing at a level accessible to students with little or no science background It is aimed at students pursuing a career working with or for the elderly Each system is covered in its own chapter Individual chapters present the structure and function of each body system followed by natural age changes and conclude with abnormal changes or diseased conditions of the elderly Homeostasis is a unifying theme throughout the text systems are presented relative to the body's ability to maintain homeostasis and good health is the main theme Nursing Care of Older Adults Carol A. Miller,1995 **Treatment of Psychopathology in the Aging** Carl Eisdorfer,1982

Physiological Basis of Aging and Geriatrics Paola S. Timiras,1994-09-16 Aging is an inevitable aspect of living This book covers the aging process from a physiological viewpoint examining all systems of the body and describing changes that occur with normal aging and in disease Its primary focus is on humans but some animal and in vitro research is included to explain mechanisms and theories of aging Integrated aspects of aging e g demography of aging are considered and preventive and interventive measures pharmacology diet exercise for ensuring healthful aging are discussed The Second Edition of *Physiological Basis of Aging and Geriatrics* considers many new approaches and methods for studying the aging process New and updated information on molecular and cellular mechanisms pathology and aging related diseases is provided to promote a better understanding of basic biological mechanisms Theories epidemiology demographics and comparative and differential aging are also presented **Clinical Neurology of Aging** Martin L. Albert,1984 This thorough revision of a well established text presents essential information on the neurobiology of aging There are new chapters on competency and ethics problems of daily living psychopharmacology and stability and falls Written in a accessible style this book will be invaluable to clinicians and neurologists who treat elderly patients **Sleep Research** ,1994 Geriatric Nursing and Healthy Aging Priscilla Ebersole,Patricia A. Hess,2001 Each unit builds the fundamental concepts required to effectively treat older adults and teaches how to help them to reach their highest level of wellness regardless of their physical disorder *The Endocrinology of Aging* James Russell Sowers,James V. Felicetta,1988

Sleep And Aging Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Sleep And Aging**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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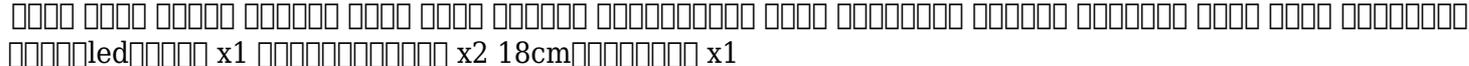
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