

# *SUMMERSVILLE*

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Family Health Team

# Welcome



# The A to Zzzs of Sleep

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# Sleep and Aging

Adults need less sleep as they grow older.

1. True
2. False



# Sleep and Aging

False

Poor sleep is not a normal part of aging. As we get older, we often get less sleep because of our ability to sleep for long periods of time and get into the deep restful stages of sleep can decrease. Older adults have more fragile sleep and are more easily disturbed by light, noise and pain. They may also have medical conditions that contribute to sleep problems.

**1 in 4**

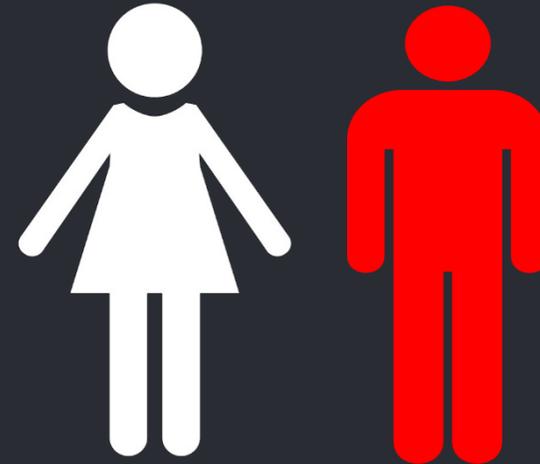
adults aged 65 to 79  
are not getting enough  
sleep.



# Sleep Quality

**1 in 2**

older adults  
have trouble going to  
sleep or staying  
asleep.



# Sleep Quality

**1 in 5**

older adults

DO NOT find their  
sleep refreshing.

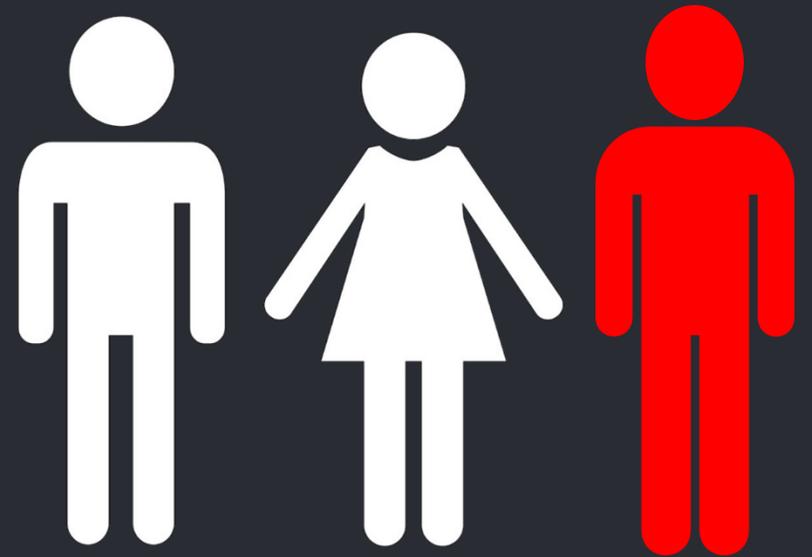


# Sleep Quality

**1 in 3**

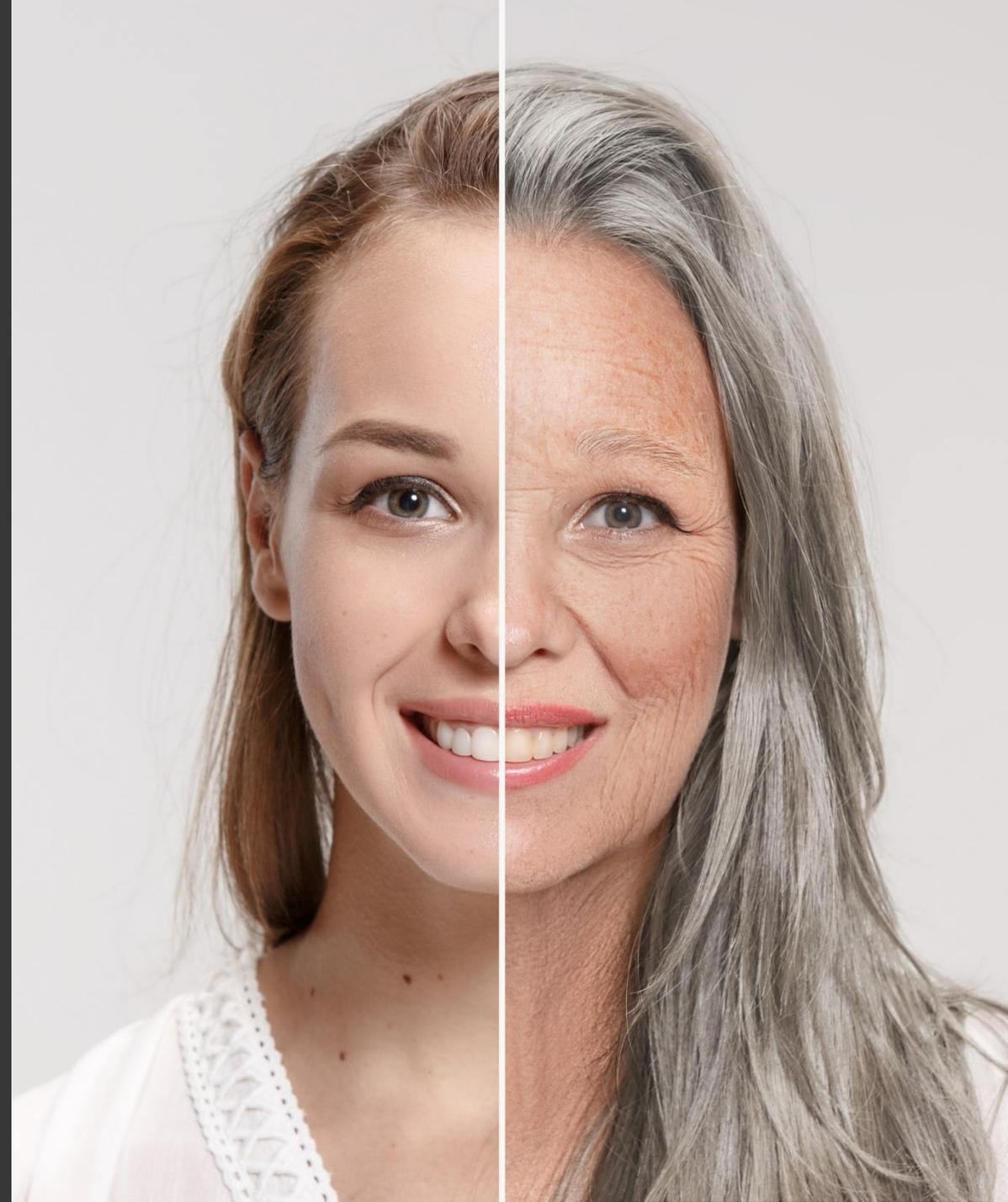
older adults

have difficulty staying  
awake during the day.



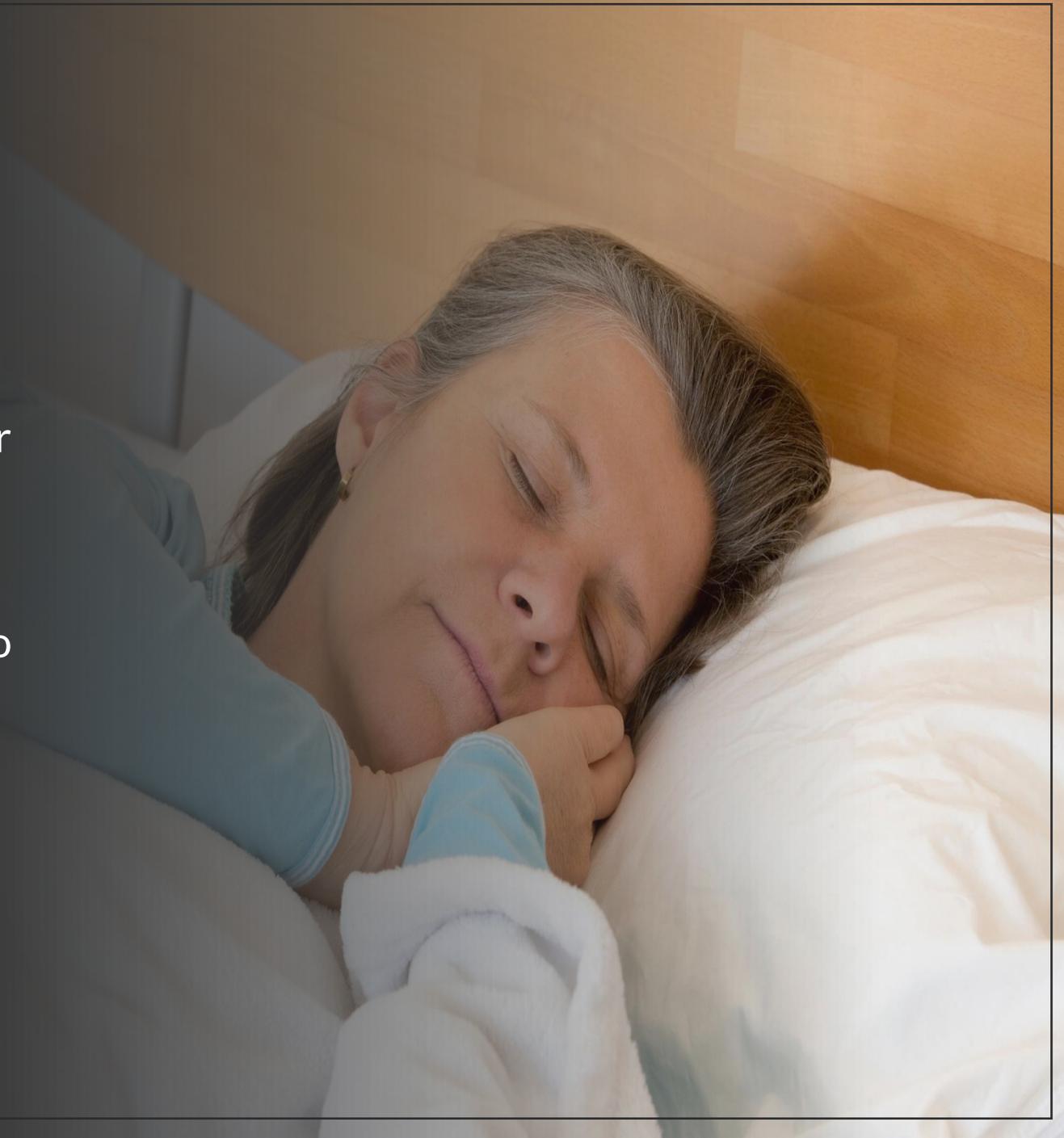
# Sleep and Aging

- We typically notice normal changes in our sleeping patterns as we get older, such as feeling sleepy earlier, getting up earlier, or sleeping less deeply.
- Disturbed sleep, waking up tired every day, and other insomnia symptoms, on the other hand, are not a typical part of growing older. Sleep is just as vital now as it was when you were younger for your physical and mental well-being.



# Sleep and Aging

- A good night's sleep improves attention and memory formation, allows your body to repair any day-to-day cell damage, and refreshes your immune system, all of which help to prevent disease. Depression, focus and memory issues, excessive daytime sleepiness, and nighttime falls are more common among older adults who don't get enough sleep.
- Inadequate sleep can also cause major health issues, such as an increased risk of cardiovascular disease, diabetes, weight gain, and breast cancer in women.



# Sleep and Aging

According to research, 50% of older adults have reported having sleep problems, including:

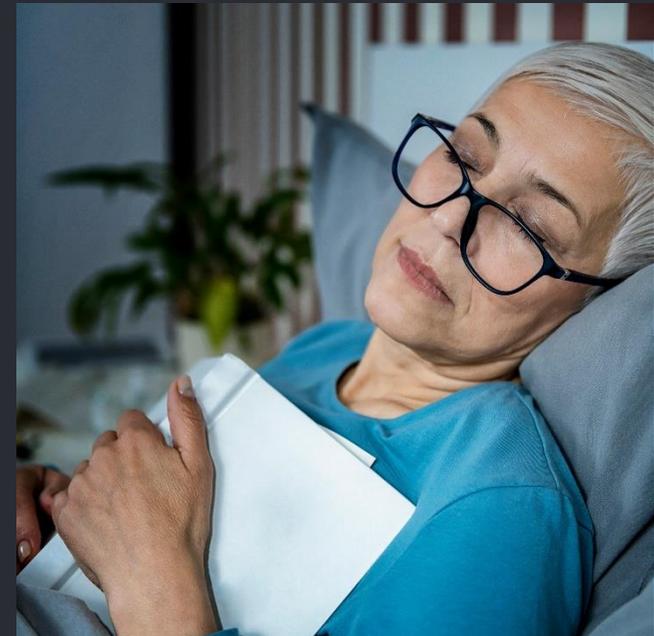
- Increase in time to fall asleep
- Less time sleeping
- Increase in number of awakenings
- Spend more time in bed
- Earlier wake up times
- Napping more often and longer



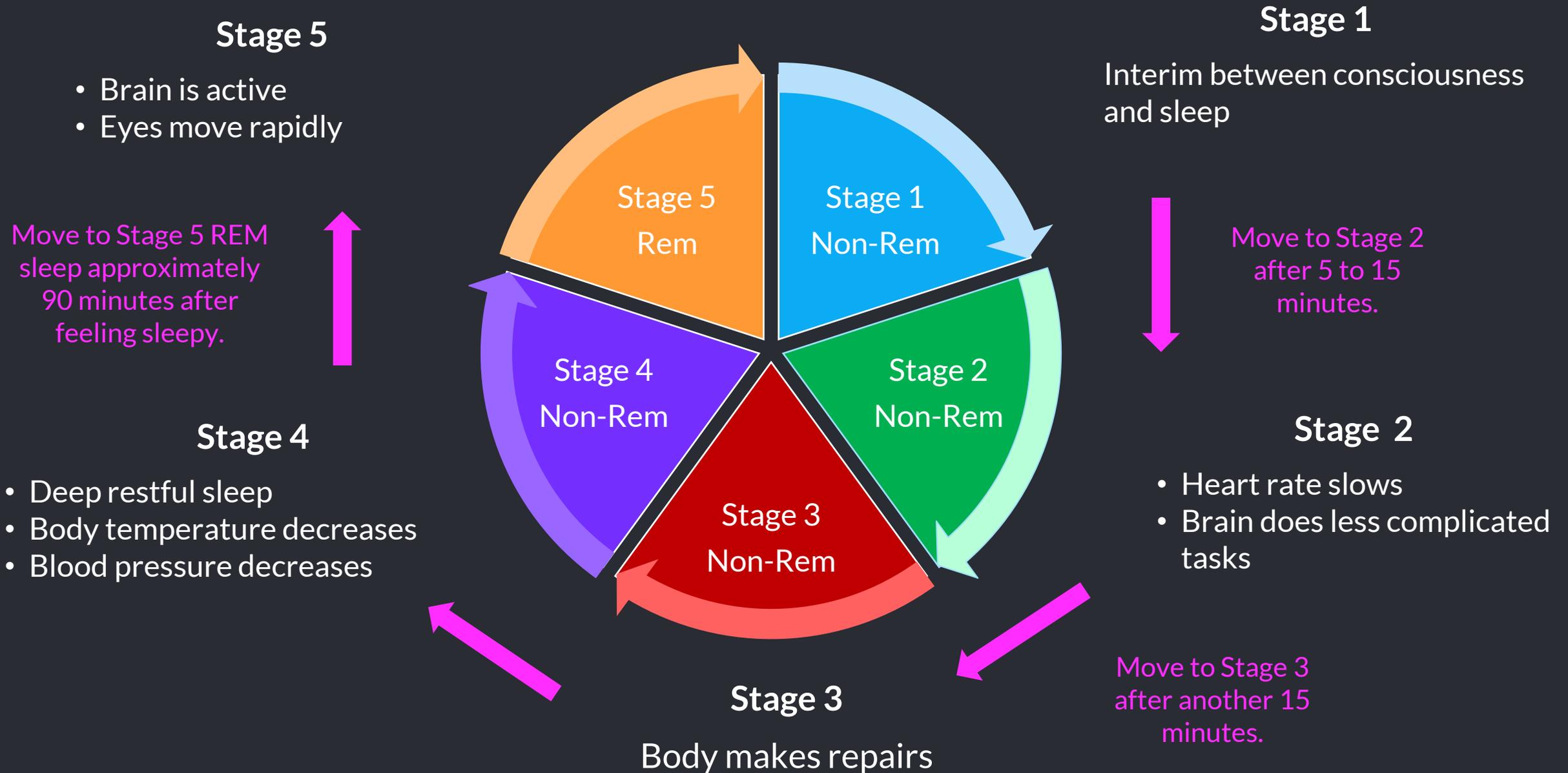
# How Does Sleep Change as We Age?

- As you age your body produces lower levels of growth hormone, so you'll likely experience a decrease in deep sleep (an especially refreshing part of the sleep cycle). When this happens you produce less melatonin, meaning you'll often experience more fragmented sleep and wake up more often during the night. That's why many of us consider ourselves "light sleepers" as we age. You may also:
  - Want to go to sleep earlier in the evening and wake up earlier in the morning.
  - To get the hours of sleep you need, you'll either stay in bed longer at night or take a nap during the day.

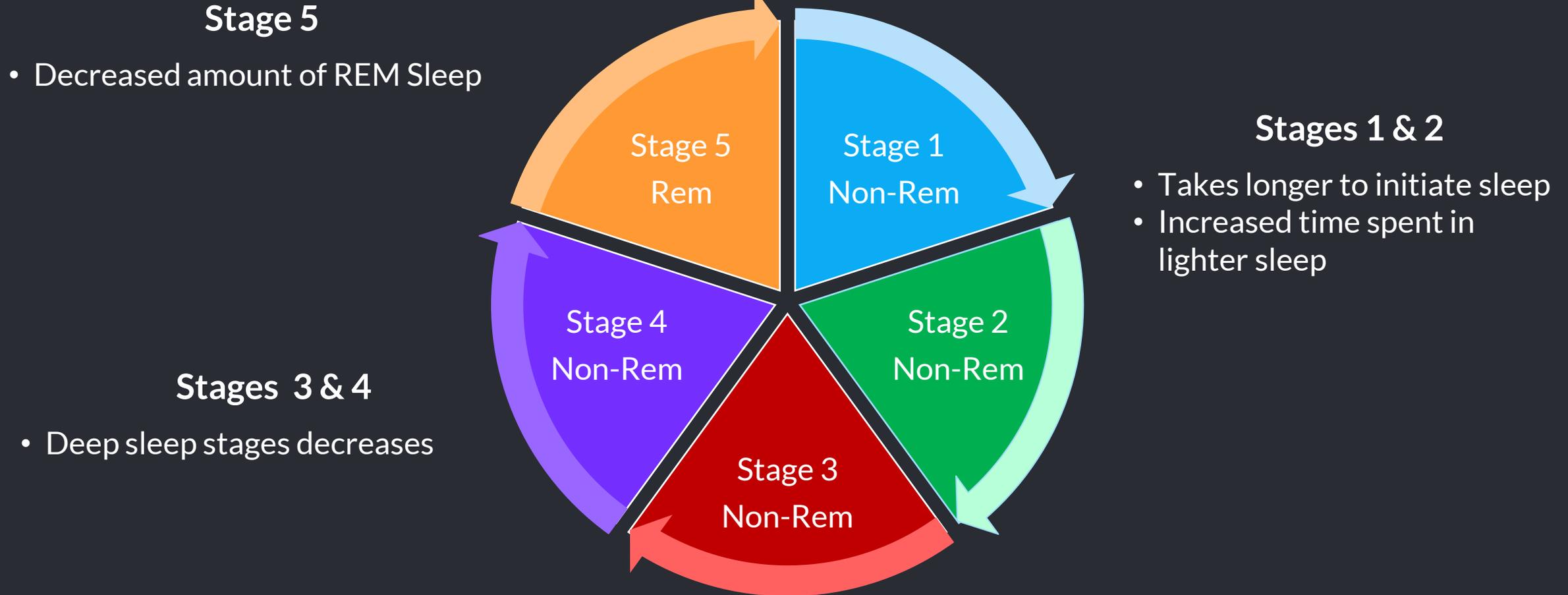
In most cases, such sleep changes are normal and don't indicate a sleep problem.



# The Stages of Sleep



# Changes in the Stages of Sleep with Age

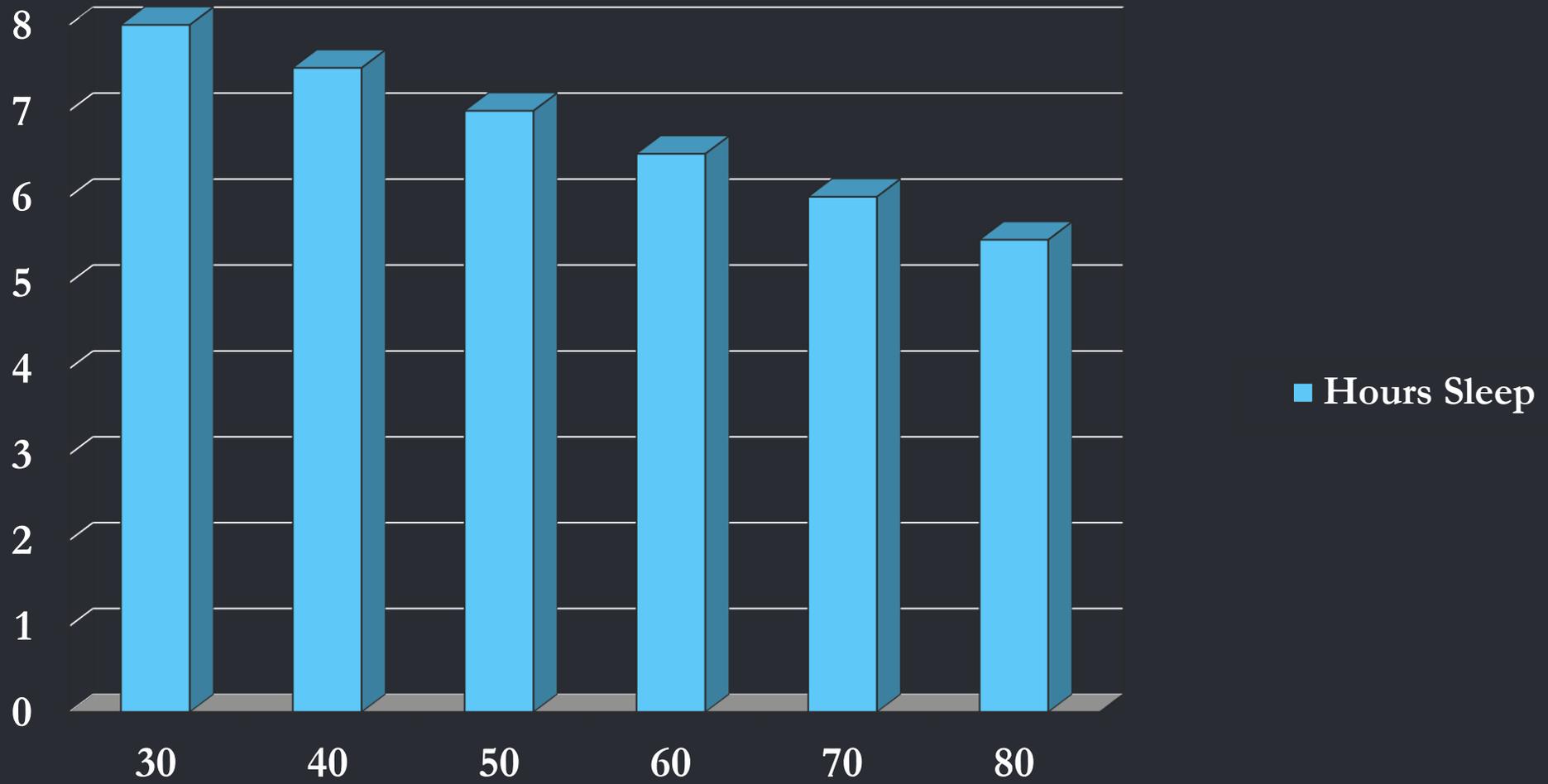




# How Much Sleep Do Older Adults Need?

- According to research, 7 hours of sleep each night is the ideal amount in middle to older aged adults.
- Both too much and too little sleep were connected to poor cognitive performance and mental health, including anxiety and depression, according to a research of over 500,000 adults aged 38 to 73. Consistent sleep patterns were also found to be beneficial.
- "Every hour you moved away from seven hours, you became worse," said Prof Barbara Sahakian of Cambridge University's department of psychiatry. It's obvious that the actions that take place in our brain while we sleep are critical to our physical and emotional well-being."
- She went on to say that getting a good night's sleep was crucial at all phases of life, but especially as people became older. "I believe it is just as vital as exercising."

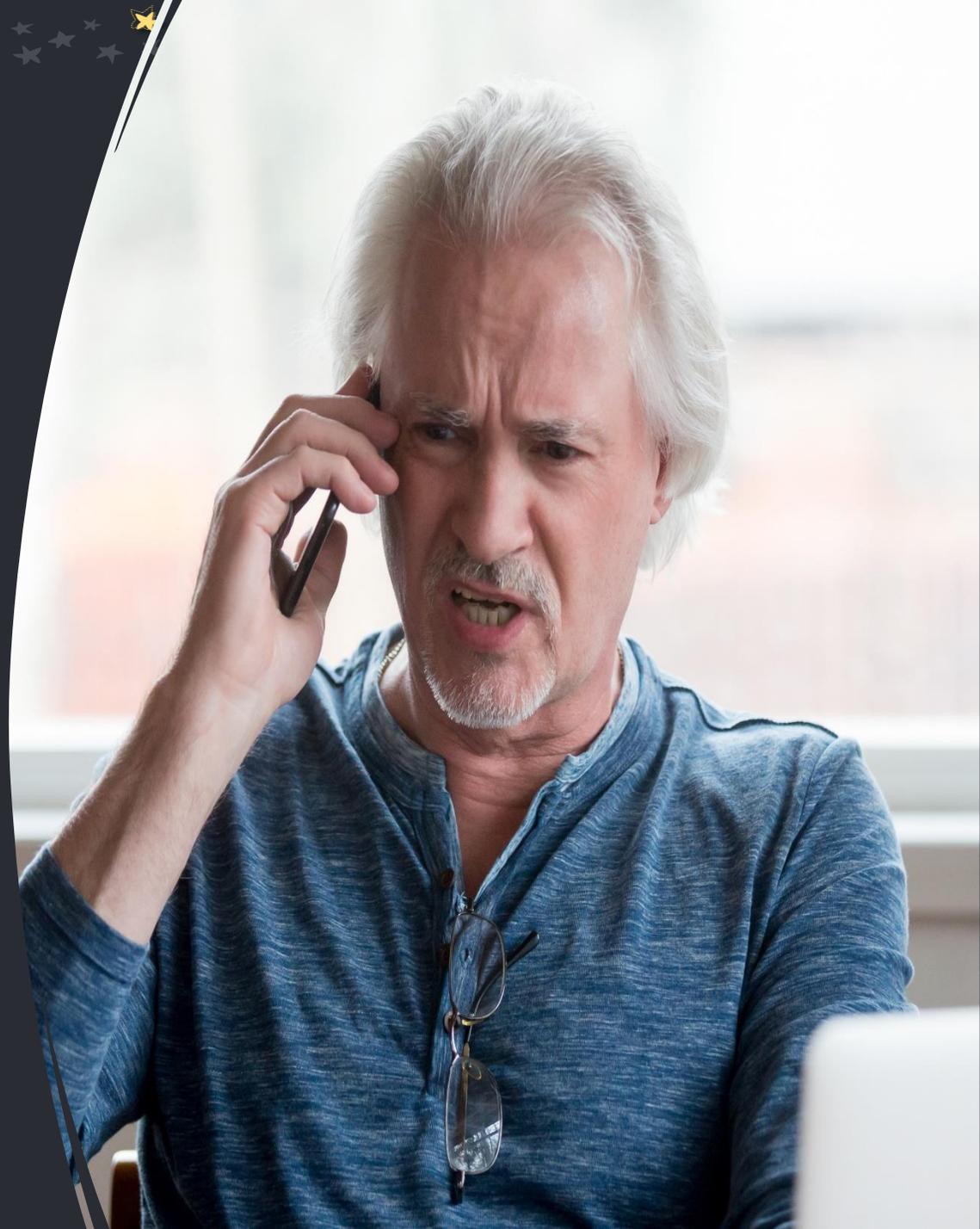
# Decline in hours slept by age



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- The interruption of slow-wave, or deep, sleep, which has been shown to be necessary for memory consolidation, could be one reason for the association between insufficient sleep and cognitive decline. A lack of deep sleep may also prevent the brain from effectively clearing toxins.
  - Nearly 40,000 study participants had their brain imaging and genetic data analyzed in the study, which used data from the UK Biobank. The region of the brain holding the hippocampus, the brain's memory center, was shown to be the most influenced by sleep, with too much or too little sleep connected to a lower brain volume. According to the study, participants who slept seven hours a night did the best on cognitive tests such as processing speed, visual attention, memory, and problem-solving skills.

# Poor Sleep can Lead to

- Personality changes
- Delirium/hallucinations
- Decreased immunity
- High blood pressure
- More medical instability
- Increased heart disease, strokes, problems with circulation to the brain





## Poor sleep can cause:

- Increased irritability, anxiety, aggression, inability to cope with stress
- Increased depression
- Increased falls which can lead to increased physical and chemical restraint use
- Delayed wound healing
- Headaches



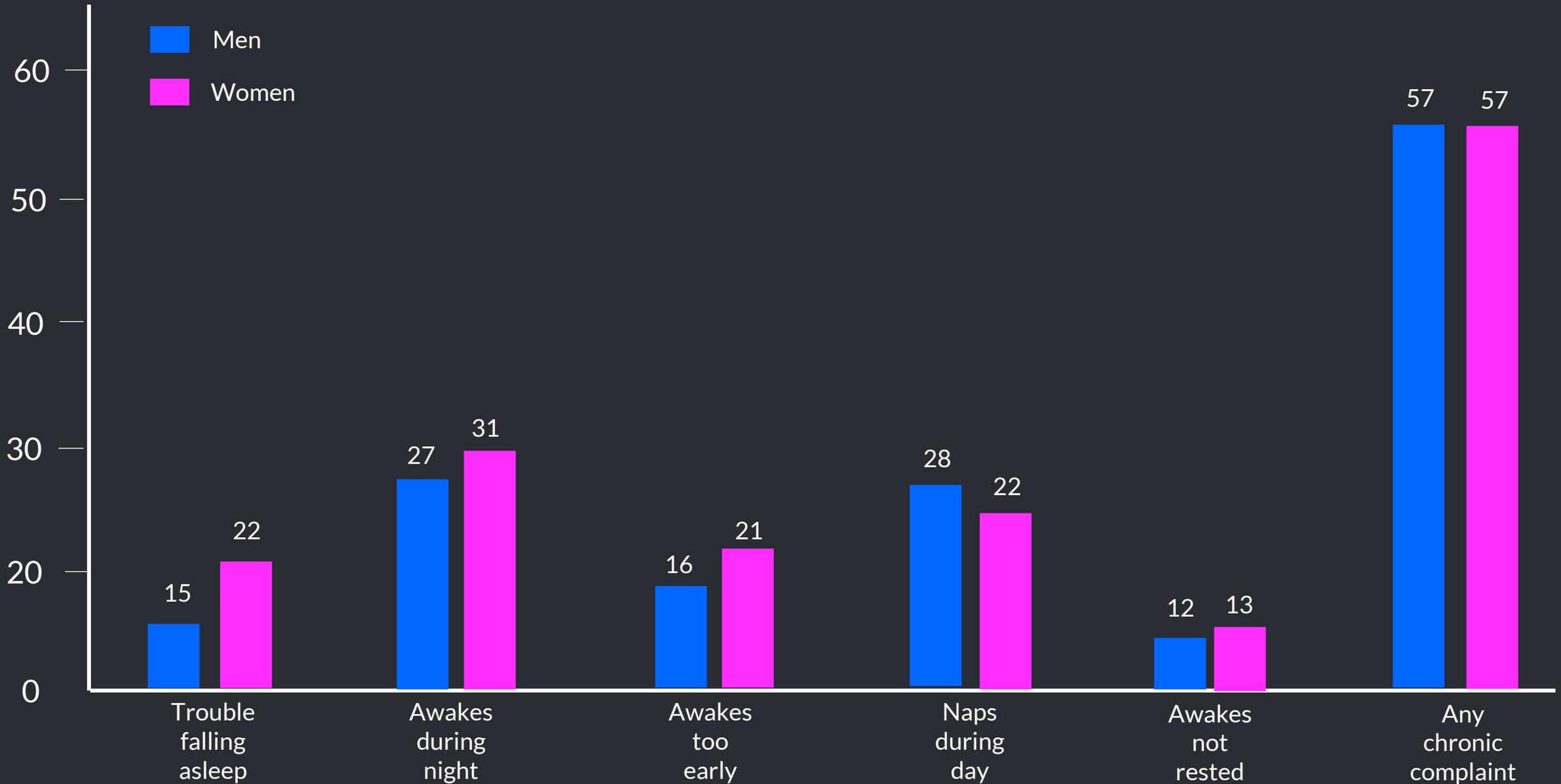
# Causes of Sleep-Wake Disturbances

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake.

Common sleep disorders causing disrupted nocturnal sleep:

- Sleep Apnea
- Restless Leg Syndrome
- Periodic Limb Movement Disorder
- Delayed Sleep Wake Phase Disorder
- Insomnia

# Prevalence of Chronic Sleep Complaints Among Older Adults





# Sleep Apnea

- Sleep apnea involves loud snoring and repeated episodes of breathing cessation, each breathing pause lasting at least 10 seconds.
- Obstructive sleep apnea is the most common type of sleep apnea. It is called this because the muscles of the airway collapse inward during sleep, causing the airway to be blocked.
- There is a sleep disruption every time an apnea occurs, even if the person is unaware of it. The person becomes drowsy during the day as a result of the sleep disruption.

## Treatment:

- Treatment depends on the nature and severity of the disorder. Based on the diagnosis, some people are prescribed continuous positive airway pressure (CPAP), an oral appliance, or advised to avoid sleeping on their backs or to lose weight.
- Consult your family physician. You may be recommended for an overnight study at a sleep clinic or a sleep apnea test at home with a portable monitoring device.



# Restless Legs Syndrome

- Restless legs syndrome, or RLS, causes tingling, crawling, or pins and needles sensations in one or both legs. This sensation is exacerbated in the evening or at night when you are sleeping when your legs are resting.

## Treatment:

- Stay active physically and mentally. Inactivity leads to more RLS. During an episode try the following:
  - Walk
  - Stretch your legs
  - Massage leg muscles



# Periodic Limb Movement Disorder

- At least 80% of people with restless legs syndrome also suffer from periodic limb movements while sleeping. This causes people to jerk and kick their legs every 20 to 40 seconds during sleep.
- Arousals to lighter sleep and transient increases in blood pressure have been linked to these movements.

## Treatment:

- PLMD can be detected during an overnight sleep study at a sleep lab, and a sleep specialist may recommend the following:
  - Medication
  - Warm baths
  - Exercise, and relaxation exercises.



# Advanced Sleep Wake Phase Disorder

- Advanced sleep phase disorder (ASPD) is common among older adults. It is a disorder of the circadian timing.
- An inability to stay up until the desired bedtime and difficulties maintaining sleep until the desired wake time are some of the symptoms.

## Treatment:

- Treatment of ASPD is based on delaying circadian timing to the desired sleep and wake schedule.

# Advanced Sleep Wake Phase Disorder



Standard Sleep Phase

Sleepy    Go to bed    Wake up



Sleepy

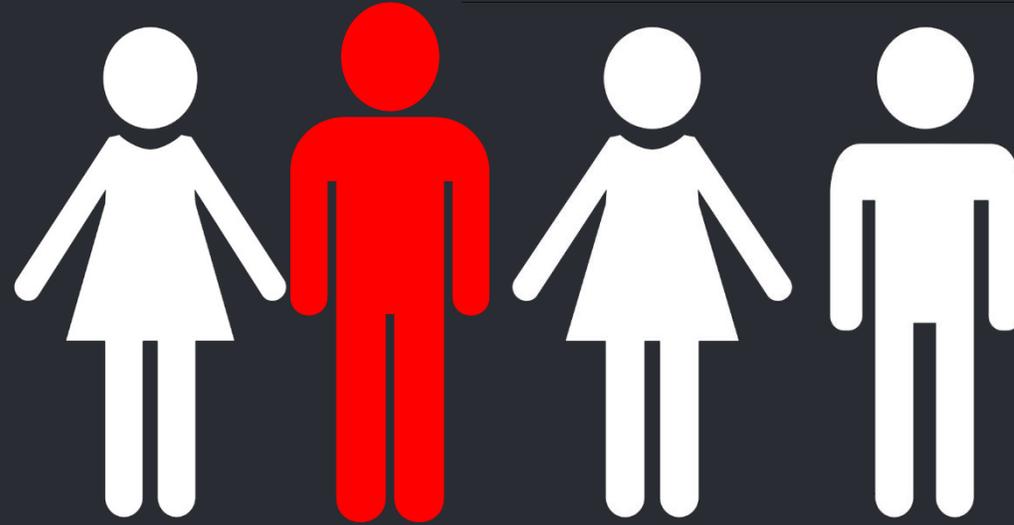


Go to bed

Wake up

Advanced Sleep Phase

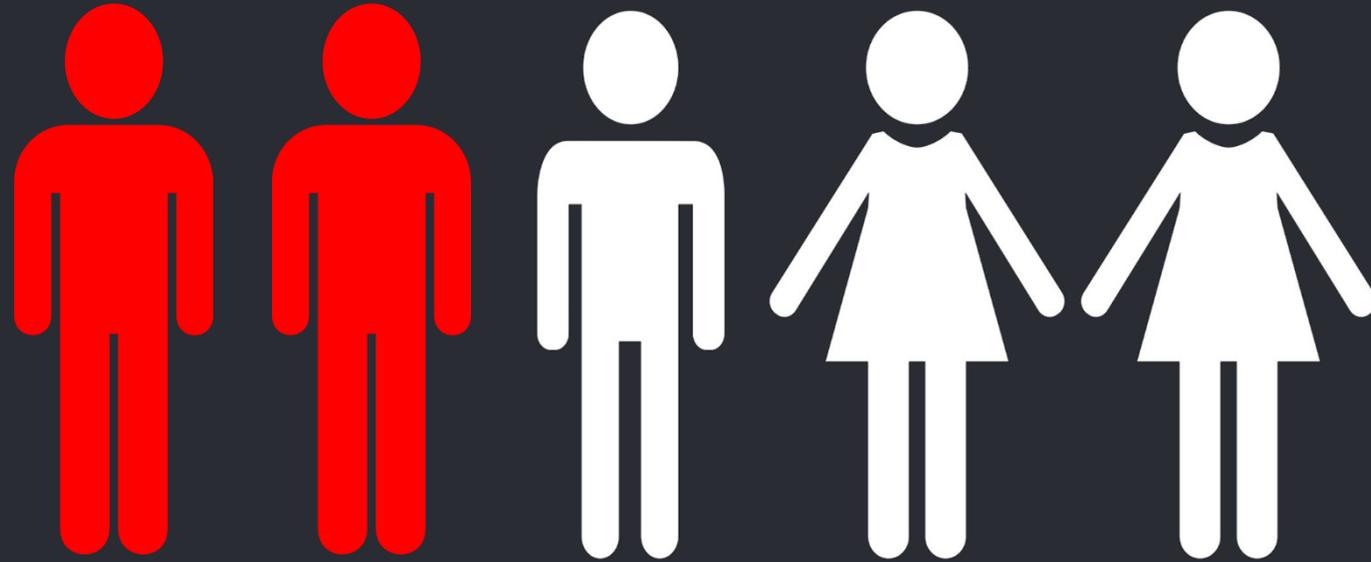
# Insomnia



The rates for insomnia in the general population are estimated to be between

**10 to 20%.**

Insomnia is one of the most common sleep problems experienced by older adults.



Studies show that people in their 60s and 70s show rates as high as  
**40%**

# Insomnia

People with insomnia have trouble falling asleep and staying asleep. Insomnia can last for days, months, and even years. Having trouble sleeping can mean you:

- Take a long time to fall asleep
- Wake up many times in the night
- Wake up early and are unable to get back to sleep
- Wake up tired
- Feel very sleepy during the day





# Causes of Insomnia

Common causes of insomnia include:

- Stress
- Irregular sleep schedule
- Poor sleeping habits
- Mental health disorders like anxiety and depression
- Physical illnesses and pain
- Medications
- Neurological problems

A decorative border at the top of the slide features a series of small, light grey stars. Interspersed among these are several larger, more prominent stars in yellow, red, and cyan. The background of the slide is a dark, solid grey.

# Treatment for Insomnia

- The best treatment is Cognitive Behaviour Therapy for Insomnia
- Stress Management Strategies
- Developing healthy sleeping habits



# Healthy Sleep Habits

# Healthy Sleep Habits

Good sleep habits can help you get a good night's sleep. Some habits that can improve your sleep health are:

## 1. Set Your Schedule and Routine

Sleep specific aspects of your daily schedule should include:

### Wake-Up Time:

Set your alarm, bypass the snooze button, and have a fixed time to get every day started, including weekends.

### Bedtime:

Pick a consistent time to turn out the lights and try to fall asleep.



# Healthy Sleep Habits

## 2. Create and keep a relaxing bedtime routine

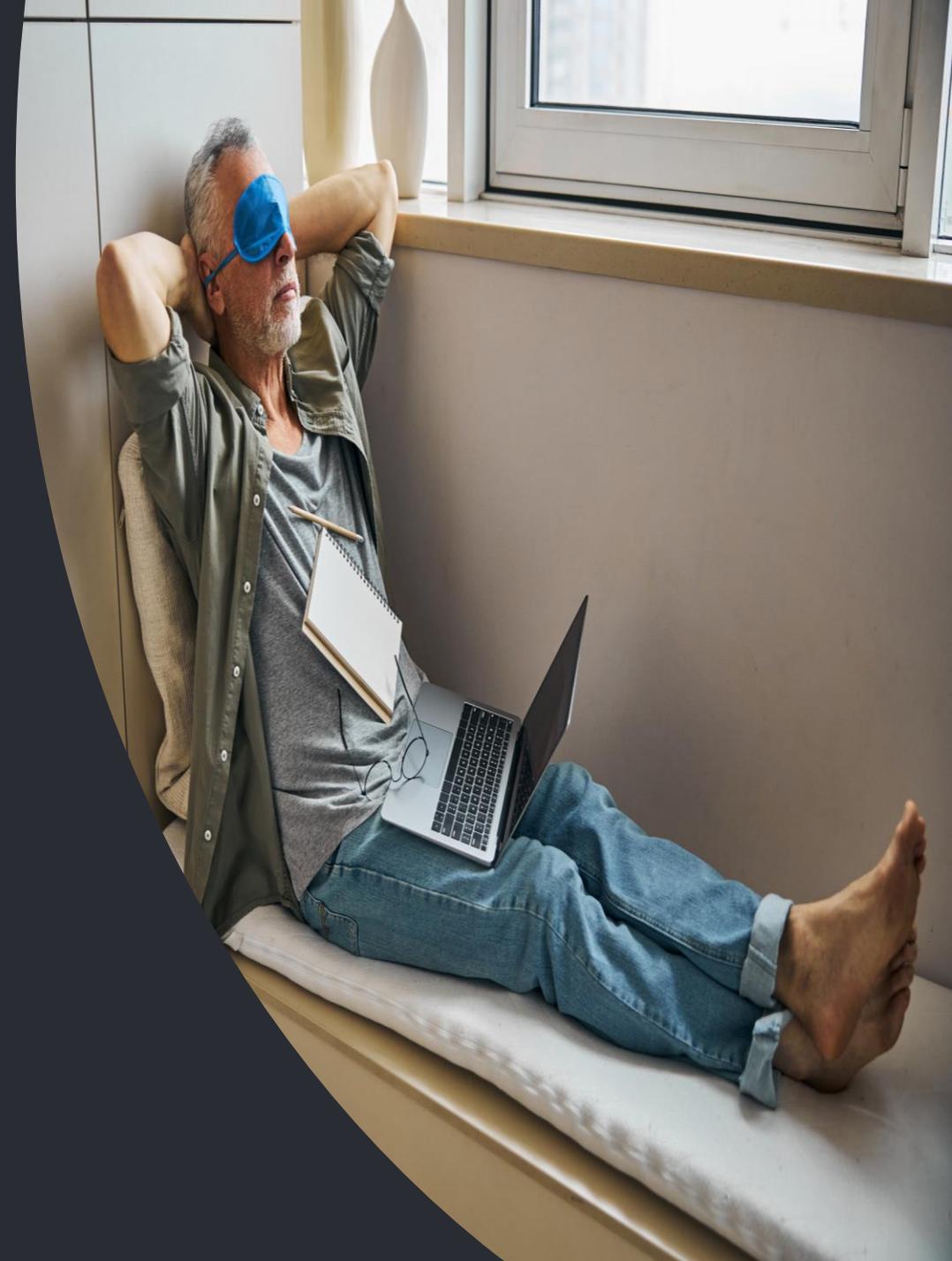
A relaxing bedtime routine allows you to unwind and prepare for sleep. Maintaining a consistent routine also aids your body in recognizing that it is bedtime when the routine begins. This may assist you in falling asleep faster. Here are some suggestions:

- Bathe or shower in warm water. Not only is the water soothing in the moment, but the subsequent dip in body temperature may make you sleepy.
- To assist your muscles, relax and release tension, try some simple stretches.
- Spend some time meditating to help your body and mind relax.
- While focusing on your breathing, listen to some calming music.
- Spend some time reading a book but avoid electronic reading devices.
- Anything stressful or too stimulating, such as emotional talks or job, should be avoided.

# Healthy Sleep Habits

## 3. Turn off electronic devices before you go to sleep

- Electronic devices, such as your phone, emit blue light, which might lower your melatonin levels. Melatonin is a chemical that controls your sleep/wake cycle. When your melatonin levels dip, it can be more difficult to fall asleep.
- Blue-light emitting devices can also serve as a distraction, keeping your mind active. It may be more difficult to fall asleep as a result of this.
- Although you may believe that not looking at your phone close to bedtime is enough, keeping your phone near your bed can disrupt your sleep, even if you are unaware of it.
- Message notifications, buzzing, and light that can appear out of nowhere in the middle of the night can wake you up and cause sleep disruption.



# Healthy Sleep Habits

## 4. Exercise regularly

- Even 30 minutes of aerobic exercise per day can help you sleep better and enhance your overall health. If you can exercise outside, the benefits may be amplified even further, as natural light aids in the regulation of your sleep cycle.
- If you can't get outside, even regular indoor exercise can help you sleep better.
- Don't exercise within an hour or two of going to bed. This can raise your energy levels and body temperature, making falling asleep more difficult.
- If you want to do some type of activity later in the day, try doing stretches or yoga.





# Healthy Sleep Habits

## 5. Limit your caffeine intake

- Having caffeine late in the day can keep you awake at night. Caffeine's effects can last anywhere from 3 to 7 hours after consumption. This means that a cup of coffee in the afternoon may keep you awake and alert for far longer than you'd like. Everyone's caffeine tolerance is different.



# Healthy Sleep Habits

## 6. Take care of your body

- Avoid Alcohol. Although you may think that alcohol will help you fall asleep, it interferes with sleep later in the evening. So, try to avoid consuming alcohol at least four hours before bed.
- Don't Smoke Before Bed. Try to avoid smoking at least four hours before bedtime as it can interfere with a good night's sleep.
- Avoid eating a heavy meal. A heavy meal late in the evening can disrupt sleep. Avoid heavy, spicy, or sugary foods.
- Having a healthy light snack in the evening can improve sleep. Try eating light cheese and crackers, turkey, or bananas, or drink a warm glass of milk.



# Healthy Sleep Habits

## 7. Create a comfortable sleep environment

- A cool, dark, quiet room may help you fall asleep and stay asleep more easily.
- For most people, a bedroom temperature between 60°F and 67°F (15.6°C and 19.4°C) is the optimal temperature for sleeping.
- It's also crucial to have a good mattress, pillows, and bed linens. It may be easier to fall asleep and stay asleep if you are more comfortable.
- If you're a light sleeper or have noisy neighbors, a good pair of earplugs may help you sleep without being disrupted.
- Also, if your bedroom is overly bright, you might want to use blackout curtains or an eye mask to keep your sleeping environment as dark as possible.



# Healthy Sleep Habits

## 8. Use your bed only for sleep

- Do not use your bed for reading, working, talking on the phone, watching TV, or other activities.
- It's important to use your bed for sleep and sex only. This helps strengthen your brain's association between your bed and sleep, making it easier to fall asleep.
- Reading may be one way you relax before going to sleep, but even books can be disruptive to your sleep if they keep your brain alert. Try reading on the couch before moving to your bed instead.



# Healthy Sleep Habits

## 9. Go to bed only when you're tired

- If you're not tired, don't lie in bed tossing and turning. Instead, engage in a relaxing activity until you become tired, then go to your bed.
- Get out of bed if you haven't fallen asleep after 20 minutes of going to bed. You may grow frustrated if you can't fall asleep, which will keep you awake even longer.
- Once you've gotten out of bed, do something relaxing, such as reading on the couch, until you're sleepy enough to return to bed.



# Healthy Sleep Habits

## 10. Avoid napping

- Napping throughout the day can make it more difficult to fall asleep later and increase your chances of waking up in the middle of the night.
- If you really need to nap, follow these steps:
- Limit yourself to 30 minutes or less.
- Avoid taking a nap later in the day.
- Napping may alter older adults' sleep patterns more than younger people, but the amount of this is unknown.

# Healthy Sleep Habits

## 11. Manage stress before going to bed

- It can be difficult to sleep at night if you're worrying about anything. To keep your problems from keeping you awake at night, try the following suggestions:
- Before you go to bed, write down your anxieties to help you forget about them. Write down any worries you have about your to-do list. Prioritize your tasks for tomorrow and the remainder of the week, and then try to unwind.
- Before going to bed, try some meditation.



# Healthy Sleep Habits

## 12. See the Light

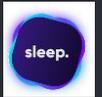
- Spend some time outside in natural light. Even if the sun isn't shining brightly, natural light still has positive effects on circadian rhythm. As much as possible, open windows and blinds to let light into your home during the day.



# Apps for Sleep



Insight Timer



The Calm Sleep: Sleep & Meditation App



Sleep Sounds - Relax & Sleep, Relaxing Sounds



Tide - Sleep Sounds, Focus Timer, Relax Meditate

**Any  
Questions?**

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Good Night!