

The 41st Wink

Better Sleep For Life

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Sleep and Ageing



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According to the National Institute on Ageing, the common belief that older adults requires less sleep than the young is a myth. The amount of sleep that a person needs can decrease from infancy to adulthood, but this trend appears to stop around age 60. Changes in sleep with advanced age are in fact more likely to be influenced by a reduced ability to sleep.

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Older adults may experience disrupted circadian rhythms due to deteriorated function in the body's internal clock as it ages.

Melatonin secretion is reduced and circadian rhythm amplitude is dampened in older adults.

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Older adults spend a lower percentage of their sleep time in both slow wave (a.k.a., deep sleep) and REM sleep compared to younger adults, and the time it takes to fall asleep increases slightly as well.

The number of arousals and total time awake after falling asleep also increases with ages.



COMMON SLEEP ISSUES IN OLDER ADULTS

The prevalence of many sleep disorders increases with age. Researchers estimate that between 40% and 70% of older adults have chronic sleep issues and up to half of cases may be undiagnosed.

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Discomfort / Pain - Pain and sleeplessness can become a vicious cycle, in which less sleep can lead to more pain and discomfort.

Nighttime urination - Nighttime urination increases with age due to physical changes in the urinary system. This issue may affect up to 80% of older adults.

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Insomnia - Having persistent difficulty in falling or staying asleep is one of the most common sleep issues in older adults.

Daytime drowsiness - Excessive daytime sleepiness in older adults may be a symptom of health issues including sleep apnea, cognitive impairment or cardiovascular issues.

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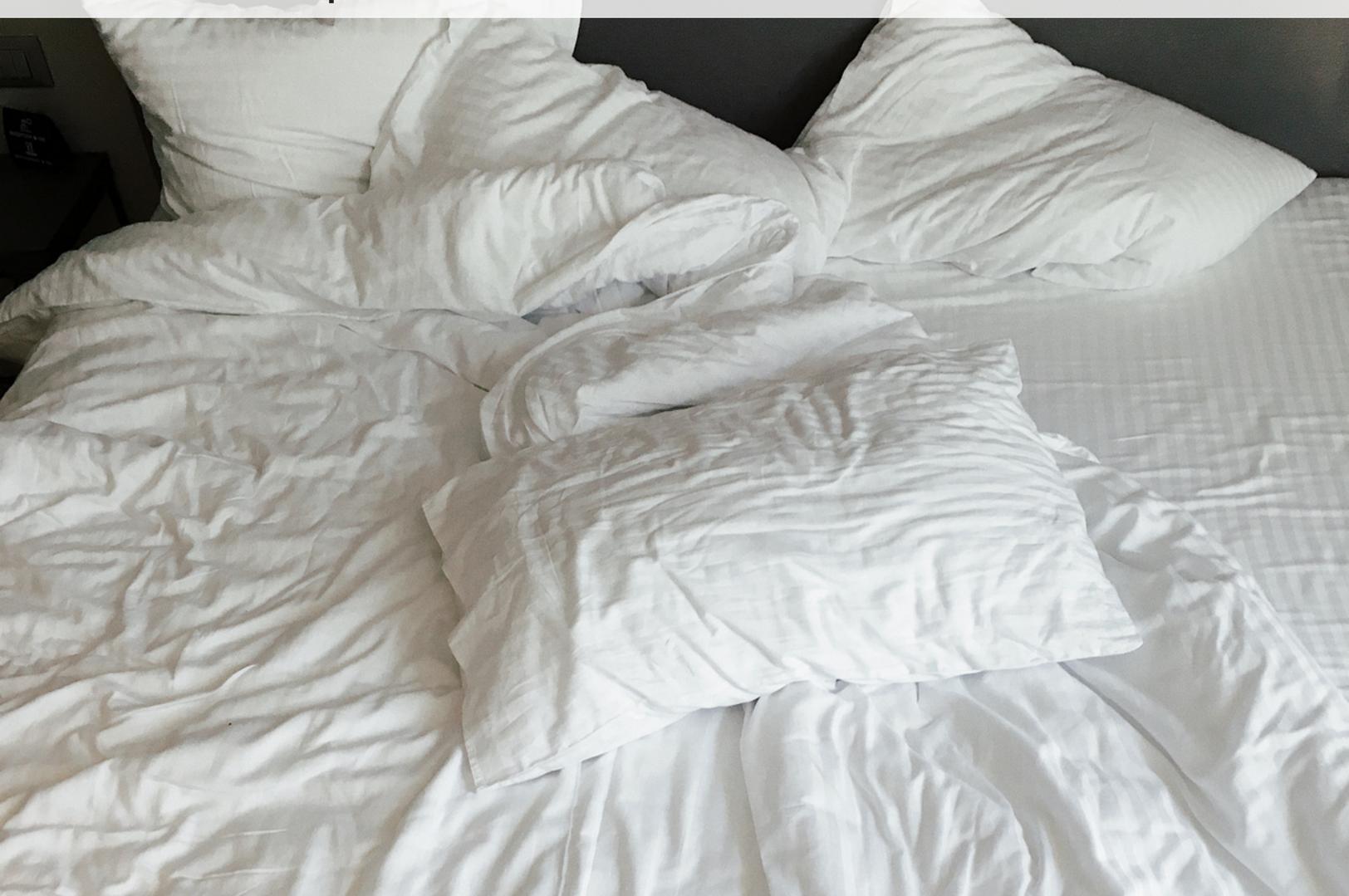
Sleep Apnea - Obstructive sleep apnea can cause pauses in breathing during sleep. Sleep apnea causes fragmented sleep and can affect oxygen levels in the body, leading to headaches, daytime sleepiness, and difficulty thinking clearly.

It is associated with cardio-and cerebrovascular disease as well as cognitive impairment.

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Restless Leg Syndrome - Restless leg syndrome (RLS) affects 9% to 20% of older people, while periodic limb movements of sleep (PLMS) affects 4% to 11%.

REM Sleep Behaviour Disorder - While most people's bodies are still while they're dreaming, this disorder can cause people to act out their dreams, sometimes violently.