



Need a Ride? Tuesdays are Seniors' Sleep Better Days

It's a myth that older people need less sleep than their younger counterparts. In fact, adults from age 20 on require 7-8 hours of sleep a night no matter how old they are.

On the other side, many older adults are sleeping and napping too much which may indicate underlying medical conditions such as sleep apnea, restless leg syndrome or even heart problems.

Here are the facts:

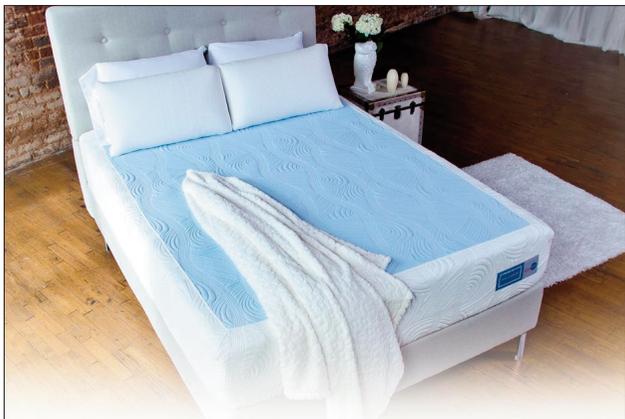
"There's a lot of evidence that we need to pay more attention" to how seniors sleep, says Dr. Kristine Yaffe of the University of California, San Francisco. Dr. Yaffe's research and clinical work is focussed on improving the care of patients, especially older adults with cognitive disorders. Two studies that followed 6,000 people for five

years found that those people whose sleep was interrupted for a variety of reasons were more likely to develop early memory problems which doctors have linked to Alzheimer's Disease.

Insomnia is a common problem for seniors and the National Sleep Foundation says that 44% of older persons experience symptoms of insomnia 3 or more nights per week. Stress, anxiety about aging, and even medication can be the reason for insomnia.

As we age, our internal sleep clock starts to change - making us go to bed earlier and get up earlier than when we were younger. Many older adults however, still stay up late but end up waking up early which leads to sleep deprivation.

So what can you do to get a



The Pure Latex Bliss mattresses elevate the body to take the pressure off tired muscles instantly and evenly giving you a well-deserved good night's sleep.

better sleep?

1) Visit your doctor to ensure that your sleep problems are not caused by medical complications.

2) Follow a schedule. Go to sleep, wake up, eat your meals and exercise at the same times every day to get your sleep schedule back on track.

3) Take advantage of the summer's sun. Your body needs light to regulate your sleep/wake cycles. Alternatively make sure

when you go to sleep that tvs, computers and lights are turned off as your body will think it is daytime and any sleep you manage to get will not be restful.

4) If your mattress is old and uncomfortable a lot of your problems could be solved with a new mattress and pillow according to the National Sleep Foundation.

Here is where Sleep Experience is helping to

make it easier for seniors, especially those without transportation. ***Every Tuesday we will be offering to pick up seniors who need a ride to bring them to either of our Sleep***

Experience locations at no cost to you. We will take the time to help you find out which mattress will help you get the best rest and once we've answered all your questions we'll drive you home again. Just call either location and make an appointment at a time (between 9 a.m. and 5 p.m.) that suits your schedule. You're welcome to bring your spouse or a friend along. We know how important sleep is to people of all ages and with all the research being done in the last few years the health benefits of a good night sleep can mean a longer, happier and healthier life so give us a call today!

Jim Conlon

Sleep Experience

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