

Healthy aging it's your move!



SLEEP

Did you know that your sleep can change as you age?

Many factors interfere with a person's sleep. For older adults, age-related sleep changes, such as sleeping less, waking frequently at night, napping during the day or spending less time in deep sleep, may contribute to sleep difficulties and to an increased risk of falls. However, these age-related sleep changes often go unnoticed. Health issues, medication use and life stresses may also interfere with sleep. In fact, over time, poor-quality sleep has been linked to major health issues such as heart disease, diabetes and depression.

Talk to your health care professional about your sleep.

TIPS TO PROMOTE SLEEP

Keep a routine bedtime and wake-up time every day. This is helpful for setting your body's natural sleep and wake cycle, which can help you fall asleep or wake up easier.

Create a comfortable, restful sleep environment. Use a comfortable mattress and bedding. Adjust the room temperature to make sure that it is not too hot or too cold.

Keep your bedroom quiet and limit distractions. Consider making your bedroom free of electronic devices (e.g. TV, computer/tablet, cell phone) and other distractions such as pets, bright light, noise, etc.

Avoid caffeine before bedtime. Caffeine is a stimulant and may keep you awake at night. This includes coffee, some teas, soft drinks and chocolate.

Avoid alcohol. Alcohol has been known to cause sleep difficulties and can actually keep you from having a good night's sleep.

Get physically active! Regular physical activity will help you to better cope with stress, prevent falls and improve your sleep. The best time to exercise is morning or afternoon, not right before bed.

Review your medications. Talk to your doctor or pharmacist to check if your medications may be affecting your sleep.

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