

# Sleep Quality in Older Adults

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## The Problem:

Sleep becomes more difficult as we age. The amount of time we spend in REM (rapid eye movement) sleep decreases, despite the increased need for it.



## Why?

As we age, our bodies produce **less melatonin**.

Melatonin is the chemical which controls the sleep-wake cycle, leading to less restful sleep. In addition to this physiological change, often people in retirement lead **less structured days**, leading to a **less effective sleep hygiene routine**.



## The Solutions:

- Follow a **regular sleep schedule!**
- **Avoid napping** in the late afternoon or evening
- Don't exercise within 3 hours of your bedtime
- **Avoid excessive alcohol**- alcohol can lead to difficulty staying asleep.
- See a doctor if good sleep hygiene practices aren't helping as much as you would like.

