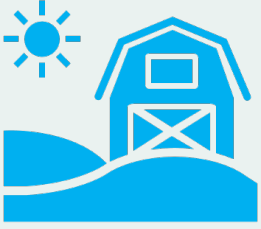


# How Alcohol Use Affects Sleep

## For older adults in West Virginia

### Rurality



- 30.1% of West Virginians aged 65+ have insufficient sleep.<sup>3</sup>
- The prevalence of Alcohol Use Disorder in WV is 3.8%.<sup>5</sup>

### Age



- Older adults have stronger reactions to alcohol consumption than younger adults.<sup>2</sup>
- Older women are more affected than older men.<sup>2</sup>

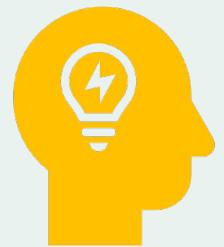


### Alcohol



- Alcohol use increases insomnia symptoms in older adults.<sup>1</sup>
- As of 2019, 43.9% percent of older adults report alcohol use in the past month.<sup>6</sup>

### What You Can Do



- Avoid alcohol and caffeine before bed.<sup>4</sup>
- Add physical activity to your day.<sup>4</sup>
- Talk to your doctor if you are experiencing issues sleeping.
- Those who are seeking support for alcohol dependence, call the National Drug and Alcohol Treatment Service at 1-800-662-4357.

References:

