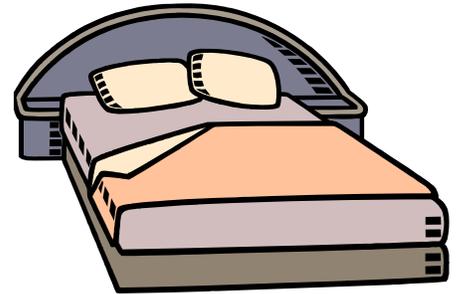


## Some Common Changes as You Grow Older - Changes in Sleep

As you grow older, you may notice changes in your sleep patterns. These changes may include insomnia. You may experience:

- Taking longer than 30-45 minutes to fall asleep.
- Waking frequently during night.
- Waking up early and not being able to go back to sleep.
- Waking up feeling tired.



Here are some suggestions for a good night's sleep:

- Develop a bedtime routine: go to sleep and wake-up at the same time; wind down by reading a book or taking a warm bath.
- Plan physical activity and exercise for the same time each day, but not too close to bedtime.
- Keep your bedroom dark, well ventilated, safe and comfortable.
- Enjoy natural light every afternoon.
- Avoid caffeinated drinks late in the day.
- Try a warm beverage before bed such as warm milk.
- Give yourself 15 minutes to fall asleep. If after 15 minutes, you are not drowsy, get up. When you feel sleepy, go back to bed.
- Avoid too much napping. You will be less sleepy at bedtime.
- Avoid drinking alcohol or smoking a cigarette to help you sleep. Nicotine is a stimulant and alcohol may make staying asleep more difficult.