

Where: PR2 - Topic 1 – Module 1.1 – Video 7 on Video resources: “6 reasons why seniors don’t sleep well at night”

<https://youtu.be/BdJM7ZBNdXg>

Have you ever noticed that your parents or grandparents always wake up early? Have you caught them watching tv in the middle of the night? Well, it turns out that getting good sleep is more difficult as we get older. Falling asleep and staying asleep are common challenges for seniors and here are some of the reasons why :

- Medication : over half of seniors take four or more prescription medications and these medications can impact sleep.
- Lack of physical activity : regular exercise helps us get good sleep but as we get older, physical movement becomes more difficult and we don't exercise as much.
- Sleep related conditions : some seniors may have conditions that make it hard to sleep, these could include restless leg syndrome, obstructive sleep apnea and even snoring.
- Incontinence : the urge to use the bathroom could keep seniors from falling asleep and wake them up in the middle of the night, disrupting those z's.
- Poor sleeping habits : a senior's daytime routine could impact their nighttime sleep, for example too many naps, eating a large dinner or drinking caffeine before bed.
- Chronic health conditions : dementia, acid reflux, cardiovascular disease and other chronic health conditions can keep a senior awake at night.

Lack of quality sleep can increase a senior's health risks for depression and even falling down. If your aging loved one struggles to get a good night's sleep, encourage them to reach out to a healthcare professional.