



Editorial Note on Sleep Problems in Older Adults

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EDITORIAL

Approximately half of persons over the age of 55 have trouble getting asleep and staying asleep. Most studies suggest that cognitive behavioural therapy is better to drugs for sudden and chronic insomnia, which can have unpleasant side effects like as nausea. If you or someone you know is having difficulties sleeping, see a doctor. Depending on the cause, lifestyle adjustments or medication may be beneficial. Although ageing affects sleep, it's also normal for older persons to develop health concerns that disrupt sleep. So, if your elderly relatives complain about not sleeping properly, you should check for these. Understanding what's happening on is always the first step toward making things better. Remember that getting enough excellent quality sleep is important for cognitive, physical, and mental health. I have conducted some study to determine the most common causes of sleep disorders among older persons. I'll tell you what I discovered in this article. I'll also tell you about ways that have been shown to be effective in treating insomnia and sleep issues in seniors [1].

A prescription medicine is given to around half of people who complain to their doctors about their lack of sleep. According to sleep researcher Michael Vitiello, PhD, a professor of psychiatry and behavioural sciences at the University of Washington in Seattle, these are not only unneeded, but also habit-forming and can induce negative effects. In the November/December 1999 issue of the journal *Gerontology*, Vitiello writes that it is far preferable for people to examine what modest modifications could be made to improve their sleep - and to understand how sleep patterns change with age. Light sleep, frequent awakening, and daily weariness are all common - and normal - sleep issues that affect up to 40% of the elderly. The deep-sleep stage is also decreasing among the elderly [2].

An underlying medical problem is causing sleep problems. Although older persons are more likely to have "primary" sleep disorders, many of the sleep difficulties they have are "secondary" sleep problems, meaning they are caused by an underlying medical condition with symptoms that aren't connected to sleep. The following are some of the most common health issues that might cause sleep disturbances in older people: Heart failure and chronic obstructive pulmonary disease are examples of heart and lung disorders that impact breathing. Gastroesophageal Reflux Disease

(GERD) is a condition that produces heartburn and is aggravated by late-night eating. Osteoarthritis, for example, is a painful ailment. Urinary issues that cause night time urination, which can be caused by an enlarged prostate or an overactive bladder. Depression and anxiety are examples of mood disorders. "Even noncomplaining elderly persons who have been carefully screened display the sleep pattern abnormalities observed," says Vitiello [3].

If an elderly person is experiencing trouble sleeping, make sure one of these common disorders isn't the cause. Sleep can often be improved by treating an underlying condition, such as untreated night time pain. It's also a good idea to chat to a pharmacist about all of your prescription and over-the-counter medications to be sure they're not causing your sleeplessness. When it comes to sleep, Alzheimer's and associated dementias require unique considerations, which I discuss in this post: *How to Manage Sleep Problems in Dementia*. We typically notice normal changes in our sleeping patterns as we get older, such as falling asleep earlier, getting up earlier, or sleeping less deeply. Disturbed sleep, waking up weary every day, and other insomnia symptoms, on the other hand, are not a typical part of growing older. Sleep is just as vital now as it was when you were younger for your physical and mental well-being [4].

A good night's sleep improves focus and memory formation, allows your body to repair any day-to-day cell damage, and refreshes your immune system, all of which help to prevent disease. Depression, focus and memory issues, excessive daytime tiredness, and overnight falls are more common among older persons who don't get enough sleep. Sleep deprivation inadequate sleep can also cause major health issues, such as an increased risk of cardiovascular disease, diabetes, weight gain, and breast cancer in women. Understanding the underlying causes of your sleep difficulties is critical to improving your sleep quality. The following suggestions will help you detect and overcome age-related sleep issues, get a decent night's sleep, and improve your waking life quality.

Restless leg syndrome is a type of Restless Leg Syndrome (RLS). When a person is trying to fall asleep, they may experience itching, crawling, or restlessness. The symptoms are uncomfortable but not severe, and they improve as you walk around. The exact scientific causes of this issue are unknown; however it appears to be linked to dopamine and iron levels in the brain. It is assumed to have nothing

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to do with neurodegeneration. While many seniors complain about sleep problems, only a small percentage of them have real sleep disorders, and even fewer require routinely prescribed sleep drugs. Apnea (a temporary halt of breathing that can also affect younger individuals) and periodic limb movement, which can manifest as periodic leg movements during sleep (PLMS) or restless leg syndrome, are two common sleep disorders among the elderly. The person is gripped by strong cravings to move his or her legs frequently before falling asleep in this syndrome, which prevents him or her from falling asleep. Before a doctor can diagnose a sleep disorder, he or she must first conduct a complete physical examination, evaluate the patient's medications, and speak with the patient's spouse or bed partner about their sleeping habits [5].

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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