

Putting the Heart in Home Care

Newsletter for our Employees, Friends & Families-Summer 2019

Sleep: An issues affecting seniors

Our sleep pattern changes from the time we are born into adulthood. Along with the physical and emotional changes that occur as we get older, changes to our sleep patterns are a part of the normal aging process. As we age we tend to have a harder time falling asleep and more trouble staying asleep than when they were younger.

It is a common misconception that sleep needs decline with age. In fact, research demonstrates that our sleep needs remain constant throughout adulthood. So, what's keeping seniors awake? Sleep architecture, which is changes in the patterns of our sleep and circadian rhythms, which is what coordinates the timing of our bodily functions may contribute to sleep problems. With sleep deprivation affecting both balance and reaction time, our senior's are at a significant risk for fall.

Causes of Senior Sleep Issues:

- Changing sleep architecture
- Menopause
- Chronic health issues like diabetes, heart disease, arthritis
- Prescription medication
- Increased sedentary lifestyle

- Grief and loneliness
- Depression and anxiety
- Financial stress

(Sources: HSF & Tuck)

Please join us for a worthy cause:

Walk to End Alzheimer's - Litchfield, CT

Saturday, 09/08/19
11:30a.m @ 80 Whitehall Rd, Litchfield, CT

www.facebook.com/dvhomemakers.companionship

Visit Careers page below:

<https://www.dvhomemakers.com/home-care-careers>



Sleep tips for seniors:

- Reduce stress levels.
- Follow a consistent sleep schedule.
- Eat and drink well during the day.
- Exercise during the day.
- Get natural sunlight in the morning.
- Limit daytime napping.
- Devote the bedroom to sleep and sex only.
- Minimize the fall risk in the bedroom.
- Keep the bedroom dark, cool, and quiet.
- Follow a bedtime routine.
- Take a warm bath or shower at night.
- Avoid electronics in the evening.
- Avoid fluids late at night.
- Remain calm during nighttime awakenings.
- Talk to a doctor.

Deeper View Homemakers

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Find more information

web

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Be Safe:

It's not too late to get the flu vaccine. Contact your supervisor or call the office 860-510-3959 to get directions to how to get a free vaccination today. Let's protect ourselves, family and clients from spreading this virus.

Please see more pictures from our Relay For Life event @ <https://www.dvhomemakers.com/home-care-gallery>