

Newsletter

The latest news, views and announcements for the staff at Main Street Medical Supply.

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Product Spotlight

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6 Tips to Solve Senior Sleep Problems

Sleep is important to your physical and emotional health. As we age, we often experience normal changes in our sleeping patterns, such as becoming sleepy earlier, waking up earlier, or not sleeping as deeply. However, disturbed sleep, waking up tired every day, and other symptoms of insomnia are NOT a normal part of aging. Chronic sleep deprivation is tough on both seniors and caregivers. Older people who don't sleep well are more likely to suffer from depression, attention and memory problems, excessive daytime sleepiness, and experience more nighttime falls. As you age your body produces lower levels of growth hormone, so you'll likely experience a decrease in slow wave or deep sleep (an especially refreshing part of the sleep cycle). When this happens you produce less melatonin, meaning you'll often experience more fragmented sleep and wake up more often during the night. That's why many of us consider ourselves "light sleepers" as we age. Health conditions such as a frequent need to urinate, pain, arthritis, asthma, diabetes, osteoporosis, nighttime heartburn, and Alzheimer's disease can interfere with sleep. Older adults tend to take more medications than younger people, and the combination of drugs, as well as their side effects, can impair sleep. Significant life changes like retirement, the death of a loved one, or moving from a family home can cause stress that affects your sleep. *(continued on pg 2)*

To sleep better at night, you may need to try different things before you find a combination of solutions that work. While you experiment, only change one thing at a time and give it some time – older bodies are slower to adjust. Then you'll be able to figure out what works and what doesn't.

Tip 1: Improve your sleep environment: Artificial lights at night can suppress your body's production of melatonin, the hormone that makes you sleepy. Turn off the TV and computer at least one hour before bed. Don't read from a backlit device at night. Make sure your bedroom is quiet, dark, and cool, and your bed is comfortable. Using a sound machine, earplugs, or a sleep mask can help.

Tip 2: Keep a regular bedtime routine: Maintain a consistent sleep schedule. Go to bed and wake up at the same time every day, even on weekends. Go to bed earlier.

Tip 3: Learn the best ways to nap: Keep it short. Naps as short as five minutes can improve alertness and certain memory processes. Most people benefit from limiting naps to 15-45 minutes. You may feel groggy and unable to concentrate after a longer nap. Nap early in the afternoon.

Tip 4: Use diet to improve sleep as you age: It's particularly important to watch what you put in your body in the hours before bedtime. Limit caffeine late in the day. Avoid coffee, tea, soda, and chocolate late in the day. Satisfy your hunger prior to bed. Have a light low-sugar snack. Limit what you drink within the hour and a half before bedtime to limit how often you wake up to use the bathroom at night.

Tip 5: Exercise: Exercise—especially aerobic activity—releases chemicals in your body that promote more restful sleep. Even if you have mobility issues, there are countless activities you can do to prepare yourself for a good night's sleep. But always consult your doctor before embarking on any new fitness program.

Tip 6: Reduce mental stress: Stress and anxiety built up during the day can also interfere with sleep at night. It's important to learn how to let go of thoughts and worries when it's time to sleep. Seek opportunities during the day to talk face-to-face with a friend about what's troubling you.

If your own attempts to solve your problems are unsuccessful, keep a sleep diary and take it to your doctor. Your doctor may then refer you to a sleep specialist or cognitive behavioral therapist for further treatment, especially if insomnia is taking a heavy toll on your mood or health. *(Source: DailyCaring.com)*

Product Spotlight

AFISCOOTER- The Ultimate 4-Wheel Outdoor, Heavy-Duty Mobility Scooter

Afikim electric vehicles is a leader in developing and manufacturing premium, electrically-powered mobility scooters for more than 40 years. The well-known Afiscooter product line is designed with driver safety in mind first and foremost, alongside attention to ergonomics, comfort and reliability of the vehicle.

Afikim electric vehicles has established a worldwide distribution network that offers local technical support and follows the highest standards of service. This luxurious vehicle that has a proven record of high quality and long-lasting reliability can travel comfortably and safely in various types of terrains as rough off-road terrain (using golf tires) and extreme weather conditions (when using the unique hardtop canopy). Come in a try it out! We have the S4 in Belton and the C4 in Granbury.

