

ANYONE CAN FALL

Prevent it from happening to you

Maintaining Healthy Sleep Habits

As we age, our sleep patterns change. Older adults are more likely to get less deep sleep, which is an important part of the sleep cycle. This may be caused by a few factors, including:

- Getting more sleep during the day (naps)
- Earlier bedtimes and earlier wake-up times
- More awakenings during sleep, especially in the second half of the night
- More difficulty getting back to sleep when awakened.

If sleep problems are not addressed, people may experience a reduced reaction time, impaired balance, and an increased risk of falling. It's important to be aware of any of these changes and to take steps to correct them as soon as possible.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance NOVA SCOTIA Trauma NB

Talking with a health care provider

If you are not getting enough sleep and feel tired and unable to enjoy your daily activities, you should talk with a health care provider. Keep in mind that you may have a sleep disorder or other health condition that can be addressed with the right support. Be sure to ask about any changes you can make to help you maintain healthier sleep habits.

Sleeping Well

Sleep is important to good health. Try to follow these tips to help you sleep better:

1. Be active, eat well, and exercise every day.
2. Develop a regular sleep-wake schedule that will provide you with enough hours of sleep every night.
3. Avoid bright lights, eating too much, or strenuous exercise near your bedtime.
4. Reduce your intake of drugs and stimulants (caffeine, nicotine, alcohol) as much as possible.
5. Avoid stressful experiences and worries at bedtime. Try relaxation techniques to assist with physical and mental relaxation.
6. Keep your bedroom cool and dark.

Barriers to a Sound Sleep

If you aren't getting sound sleep, try to identify the cause. Common barriers include:

- A poor sleep environment (noisy, uncomfortable bed or pillow, uncomfortable room temperature)
- Too much caffeine or use of other stimulants
- Too much napping during the daytime
- Mental health challenges, such as depression and anxiety
- Physical health conditions such as heart disease and diabetes
- Conditions that cause discomfort and pain such as arthritis or hot flashes
- Needing to urinate multiple times at night due to high fluid intake, incontinence, bladder infection, etc.
- Presence of sleep disorders such as sleep apnea and restless leg syndrome.

Remember to talk with a health care provider if you need help overcoming any of these barriers.

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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