SLEEP MANAGEMENT In Older Adults

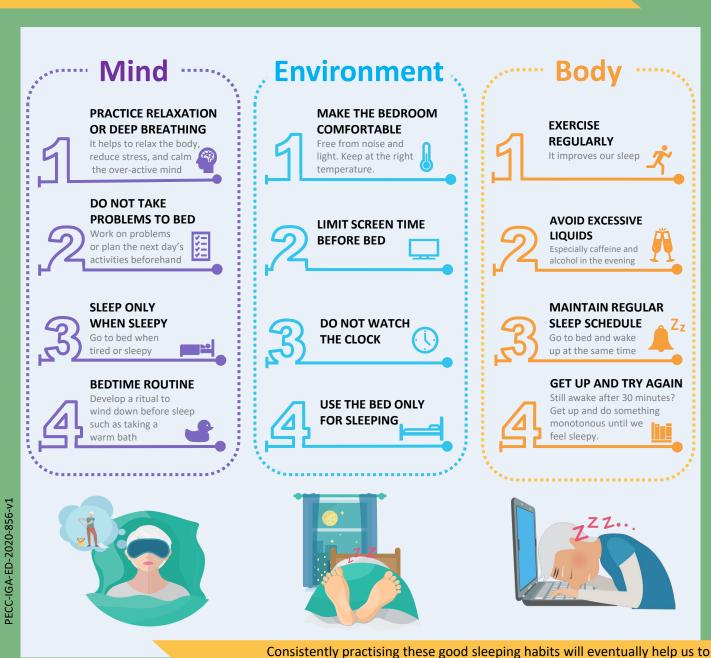
COVID-19 Health Tips

As we age, it is **normal to experience changes in our sleeping patterns** such as taking a longer time to fall asleep, experiencing less deep sleep and frequent awakenings.

These sleep issues are often made worse during challenging and stressful times.

We can benefit from practising the following good sleeping habits:





achieve a good night's sleep!