

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:

Mind

1 PRACTICE RELAXATION OR DEEP BREATHING

It helps to relax the body, reduce stress, and calm the over-active mind



2 DO NOT TAKE PROBLEMS TO BED

Work on problems or plan the next day's activities beforehand



3 SLEEP ONLY WHEN SLEEPY

Go to bed when tired or sleepy



4 BEDTIME ROUTINE

Develop a ritual to wind down before sleep such as taking a warm bath



Environment

1 MAKE THE BEDROOM COMFORTABLE

Free from noise and light. Keep at the right temperature.



2 LIMIT SCREEN TIME BEFORE BED



3 DO NOT WATCH THE CLOCK



4 USE THE BED ONLY FOR SLEEPING



Body

1 EXERCISE REGULARLY

It improves our sleep



2 AVOID EXCESSIVE LIQUIDS

Especially caffeine and alcohol in the evening



3 MAINTAIN REGULAR SLEEP SCHEDULE

Go to bed and wake up at the same time



4 GET UP AND TRY AGAIN

Still awake after 30 minutes? Get up and do something monotonous until we feel sleepy.



Consistently practising these good sleeping habits will eventually help us to achieve a good night's sleep!



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