



MINNESOTA GERONTOLOGICAL SOCIETY



FREE WEBINAR
Nov. 19, 2020
12:00 - 1:00 pm CDT

Handouts:
mngero.org

Type your questions during the webinar

Tweet: @mngero

Facebook: /mngerosociety

The Impact of Sleep Disorders: Changes in Sleep Patterns as We Age

By: Mark Freiberg, MD, Allina Health

Webinar Sponsors



The Impact of Sleep Disorders: Changes in Sleep Patterns as We Age

MARK FREIBERG, MD

NOV. 19, 2020

What is Sleep?

Reversible behavioral state of perceptual disengagement, from and unresponsiveness to the environment



3

Why do we sleep?

Function of sleep

Consequences of sleep deprivation

Control of sleep



4

Normal sleep

Defined by:

- Duration
- Stages
- Onset and Consolidation
- Pattern

Sleep in a health adult

Factors modifying sleep



5

Expected sleep changes with aging

Decrease in sleep efficiency

Alterations in sleep architecture

Changes in circadian rhythm



6

Sleep disorders in older adults



7

Insomnia

Definition

- Disorder initiating sleep
- Disorder maintaining sleep
- Early morning awakening

Health consequences

Factors associated with late-life onset insomnia

Treatment



8

Health factors impacting sleep

Prevalence of multiple chronic conditions


Medications

Psychiatric illness/mental health

Specific medical conditions

- Chronic pain
- GERD
- Heart disease
- COPD
- Diabetes
- Renal disease

Substance abuse



9

Special considerations in older adults

Caregiving

Physical function

Falls/mobility



10

Neurologic conditions impacting sleep

Alzheimer's Disease

Progressive Supra Nuclear Palsy

Parkinson's disease - with dementia

Dementia with Lewy Bodies



11

Two special mentions

Restless leg syndrome

- Prevalence increases with age
- Associated with medications, renal disease and low iron
- Treatment

REM sleep behavior disorder

- Presentation
- Causes
- Treatment



12

Sleep disordered breathing (finally)

Presentation in older adults

Clinical consequences

Evaluation

When to treat?

Treatment



13

Sleep

WHAT EVERYONE CAN DO TO HELP GET A GOOD NIGHT'S REST



14

Optimize environment

Limit noise

Limit light exposure pre and during sleep

Limit disruption (including from medical or personal care)

Consider: bedpartner behavior/activity, pets, temperature

Remove factors that do not encourage sleep

Adjust sleep-wake cycle requirements



15

Sleep hygiene

Avoid alcohol

Avoid nicotine

Keep constant schedule

Limit napping

Avoid pre-sleep exercise and heavy meals

Set realistic expectations

Increase daytime exercise – daylight exposure



16

Control sleep disorders

Sleep disordered breathing

Restless legs syndrome

Sleep-related movement disorders

REM sleep behavior disorder

Circadian rhythm disorders



17

Thank you – questions?



18



Questions or Comments:

contact info@mngero.org

SAVE THE DATE: MGS 2021 Virtual Annual Conference
AGING IN MINNESOTA: Forging a New Narrative
April 29-30
CALL FOR PRESENTERS (mngero.org)

Next Webinar: **December 17, noon**
Elder Loneliness & Isolation: Fact, Fiction or Epidemic?
By: Georgia Afton, Community Outreach Director, Little Brothers - Friends of the Elderly