

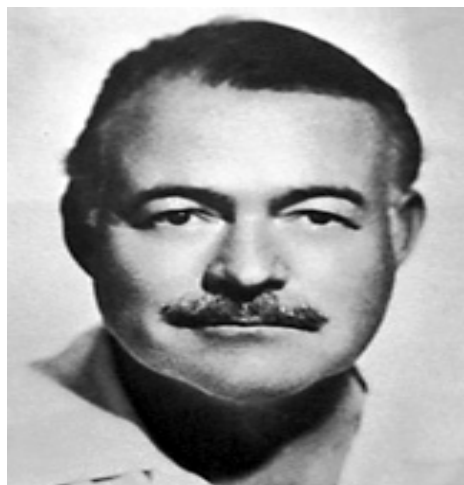
SLEEP WELL AT HOME

Aware Senior Care
Gina and Tim Murray, Co-Founders



What famous writer said this?

“I love sleep. My life has the tendency to fall apart when I’m awake, you know?”



Ernest Hemingway



The impact of not sleeping well – Group Discussion

- **Do you feel you have a sleeping problem?**
- **How does not getting a good sleep impact your daily living?**



Be **AWARE** of misconceptions about sleep

Many people hold misconceptions about sleep. Here are some facts:

- **Most adults need to sleep at least 7 to 8 hours to feel refreshed.**
- **Sleep deprivation is linked to a higher risk of heart disease, Alzheimer's disease, high blood pressure, type 2 diabetes, and obesity.**
- **Snoring and daytime sleepiness can be signs of sleep apnea, in which your breathing stops briefly multiple times during the night.**
- **Sleeping in on the weekend won't make up for sleep you lost during the week.**

IMPROVING SLEEP IN OLDER ADULTS



Be **AWARE** is it Is it a sleep disorder?

Do you...

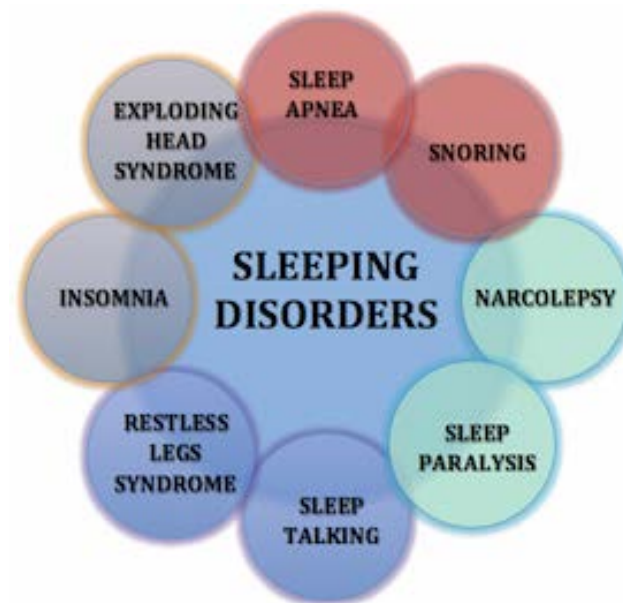
- **Feel irritable or sleepy during the day?**
- **Have difficulty staying awake when sitting still, watching television or reading?**
- **Fall asleep or feel very tired while driving?**
- **Have difficulty concentrating?**
- **Often get told by others that you look tired?**
- **React slowly?**
- **Have trouble controlling your emotions?**
- **Feel like you have to take a nap almost every day?**
- **Require caffeinated beverages to keep yourself going?**



Signs you may have a sleep disorder

Causes:

- Lack of a routine or schedule
- Eating too much before sleep
- Excessive Alcohol Consumption
- Medications (side effect of keeping you awake/stimulant)



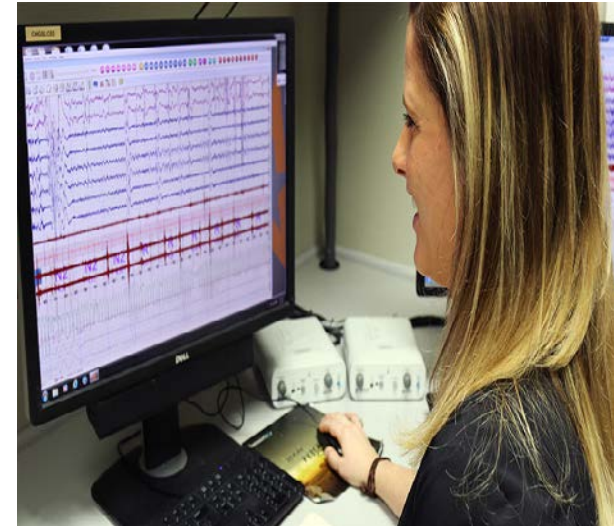
What Can you do?

- Light dinner with no alcohol (or limited) or caffeine
- Calm environment before sleep
- Install blue light filter on your visual devices
- No TV an hour before sleeping
- Breathing exercises



Sleep Problem? What should or Can You Do?

- **Consult with your Primary Physician – most of the time they can refer you to a great Sleep Therapist or MD Sleep Practice.**
- **Do your research – familiarize yourself with common symptoms and signs of a sleep disorder and recommended things you can do to improve your sleep**
- **Schedule an appointment for a sleep study (make sure you understand what insurance can cover).**
- **Make some lifestyle changes!**



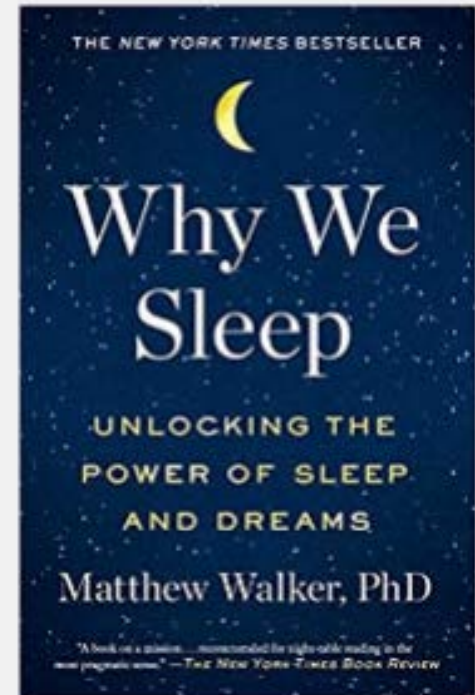
Sleep Disorder Resources in the Community

- **Parkway Sleep Health Centers - 919-462-8081**
info@parkwaysleep.com 130 Preston Executive Drive Cary NC 27513
- **WAKE SLEEP, LLC - 3100 Raleigh Road, Suite 302, Raleigh, NC 27612**
- **DR. JAMILA BATTLE & ASSOCIATES, PA 8300 Health Park, Suite 201, Raleigh, NC 27615**
- **SLEEPWORKS OF RALEIGH 5603 Duraleigh Road, Raleigh, NC 27612**
- **Duke Raleigh Hospital Sleep Laboratory - Medical Office Building 6 3320 Wake Forest Rd, Suite 410 Raleigh, NC 27609-7300**



Sleep Disorder Resources Aware Senior Care

- Visit our web site at www.awareseniorcare.com
- Blog articles and Videos on our web site:
 - <https://awareseniorcare.com/aware-senior-care-blog/>
 - <https://awareseniorcare.com/media/>
- Sign up for our e-newsletter at www.awareseniorcare.com (scroll to the bottom of our main web page).



**Why We Sleep:
Unlocking the
Power of Sleep and
Dreams**



How can Home Care Help?

- **During our assessment, understand your health picture which includes sleep**
- **If taking medications and/or getting treatment understand what and when medications are taken to support taking them when prescribed**
- **Help with changes in diet and encourage exercise**



Aware Senior Care

About **Aware Senior Care**

- Our mission is to provide unsurpassed in-home personal care, companion care, and nursing services
- We provide service to those who choose to remain in their homes
- We are dedicated to educating the public about the resources available in the community.
- We serve Wake County, primarily in Raleigh and Cary



Thank You!



Guiding Your Way. Live Well at Home