

Changes in Quality of Sleep

At Park Place Seniors Living we are committed to helping our Residents have a good night's sleep. We recognize that the right amount of sleep and rest improves our ability to cope and function with the daily activities of life. A good night's sleep helps improve concentration, allows our body to repair any cell damage that occurred during the day, and refreshes our immune system, which in turn helps to prevent disease.

We also know that it's common for older adults to experience changes in the quality and length of their sleep but regardless there are still things you can do to help yourself get a good night's sleep.

Many of the changes in our sleep patterns occur due to changes in our body's internal clock. This internal clock is located in our brain and controls 24-hour daily cycles, called circadian rhythms.

FAST
FACT

Circadian rhythms influence our daily cycles, like when people get hungry, when the body releases certain hormones, and when a person feels sleepy or alert.



OUR MISSION:

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

OUR VISION:

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a voice and a choice with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver
parkplaceseniorsliving.com

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Getting a Good Night's Sleep



Tips for Keeping Your Internal Clock Regular

GET NATURAL LIGHT

The body's internal clock receives information from our eyes, and light is one of the most powerful cues for maintaining circadian rhythms. That is why it's important to get some natural light during the day. Natural light helps the body to set our natural sleep rhythms.

FOLLOW A SLEEP SCHEDULE

To keep your body's clock regular it is important to try and follow a regular sleep schedule. Avoid sudden changes in your sleep schedule. This means going to bed and waking up at the same time every day and being careful about napping too long. We will do our best to individualize bedtimes as much as possible according to your preference. This preference is recorded in your care plan.

DRINK WATER

Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to our muscles. So not getting enough of it can have a serious impact on our health. Fluid intake especially water, is important and encouraged during the day. It is also important to limit your fluid after supper, as this helps to keep our body's clock on schedule and cuts down on the need for bathroom trips at night.

Tips for Keeping Your Internal Clock Regular

RESTRICT CAFFEINE IN THE EVENING

Most of us love our coffee or tea. These beverages help get you going in the morning because they contain caffeine. Caffeine is a stimulant so even though you love to drink these beverages, it is also important to limit caffeine late in the day. You can do this by avoiding coffee, tea, and chocolate in the evening.

HAVE A LIGHT SNACK

In order to keep our internal clock regular, it is important to satisfy your hunger prior to bed. Having a light snack such as low-sugar cereal, yogurt, or warm milk is a good choice. It is also important to cut down on sugary foods. Eating sugar can cause trouble with your sleep pattern and pull you out of the restorative stages of sleep.



Tips for Keeping Your Internal Clock Regular

If you feel tired during the day, a nap may provide the energy you need to be alert and complete the rest of the day. Experiment to see if it helps you. Some tips for napping include:

- 1 KEEP IT SHORT**
Naps as short as five minutes can improve alertness and certain memory processes. Most people benefit from limiting naps to 15-45 minutes. You may feel groggy and unable to concentrate after a longer nap.
- 2 NAP EARLY**
Nap early in the afternoon. Napping too late in the day may disrupt your internal clock and nighttime sleep.
- 3 BE COMFORTABLE**
Try to nap in a comfortable environment preferably with limited light and noise.

Reviewed by a group of Park Place Family Representatives