



Sleep Services for Adults provided by the Scottsdale Sleep Center:

Aging Gracefully & Sleeping Well

In the 2003 *Sleep in America* poll, the National Sleep Foundation profiled the sleep patterns of older Americans. About two-thirds of older adults reported experiencing one or more symptoms of a sleep problem at least a few nights a week.

- Difficulty falling asleep
- Waking a lot during the night
- Waking up feeling unrefreshed
- Snoring
- Unpleasant feelings in legs

In spite of the abundance of these sleep complaints, only a small fraction (one out of eight) say that they have been diagnosed with a sleep disorder and fewer are treated.

According to the NSF, health assessments have been compared to symptoms of sleep disorders. Among those who rate their health as excellent or very good, 38% say they have one or more symptoms of insomnia, but nearly double (71%) have such symptoms if they report their health as fair or poor. Bottom line: those who report better health report fewer symptoms of sleep disorders.

Don't let a tremendous amount of sleep disturbance and daytime sleepiness go unrecognized...a sleep disorder may be complicating your health or treatment of another health condition. Call your healthcare provider or a sleep specialist for an evaluation. Sleep is the key to your health and well-being.