

# Healthy Living Newsletter



AREA AGENCY ON AGING  
REGION ONE, INCORPORATED

May 2023



## Getting enough sleep:

- Restores the immune system
- Improves memory
- Controls our appetite
- Increases our ability to learn

## Not getting enough sleep:

- Doubles your risk of cancer
- Increases your chance of developing diabetes
- Increases your chance of a heart attack
- Increases your chance of developing Alzheimers
- Increases levels of anxiety, depression and suicidal thoughts

Getting the proper amount of quality sleep can make or break our health. Sleep allows us to recover, regulate and restore our body. As we get older, it becomes harder to get quality sleep. In fact, research states by age 70, most people will lose up to 80 - 90% of their ability to get "deep" quality sleep. This can increase our chances of developing physical, emotional, and mental illnesses.

Research recommends that we should aim for at least 7 hours of sleep every night. Some signs that you might not be getting enough quality sleep include fatigue, needing caffeine to function, feeling drowsy after walking, and needing to read a sentence twice. People should adjust their bed room and night time routine to best promote valuable sleep.

## Sleep Tips

- Make sure your bedroom is dark, cool, quiet and relaxing.
- Go to bed and get up at the same time every day.
- Remove any bright electronics from the bedroom and avoid using them an hour before bedtime.
- Exercise during the day.
- If you cannot fall asleep, get out of bed, read or do another calming activity.
- Try not to eat a large meal right before bedtime

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**"If you have trouble falling asleep, lick your feet for a few minutes. It works for my cat!"**

## Aging Mastery Program

To learn more about sleep, register for the upcoming virtual Aging Mastery Program hosted by the Area Agency. Each week, a professional in the field presents on a new health and wellness area. Some of the topics include sleep, exercise, nutrition, financial fitness, community engagement and much more! The program is offered weekly for 10 weeks on Thursdays from 1 - 2:30, beginning June 15th. There is no cost for you to attend this workshop. Interested participants should email [derek.oetken@aaaphx.org](mailto:derek.oetken@aaaphx.org) or contact the Health Promotion program at 602-241-5562.

## For more information on Healthy Living:

Contact the Director of Health Promotion about Healthy Living workshops near you.

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