



# SAUNDERS HOUSE

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## Tips for Healthy Aging: Better Sleep Means Less Chance of Dementia

As noted in the Washington Post story, "[Interrupted sleep may lead to Alzheimer's, new studies show](#)," new research presented at the Alzheimer's Association International Conference® in London indicates that adequate sleep is not only important for feeling good – it might also protect us against dementia.

Three studies by researchers at **Wheaton College in Illinois** found significant connections between breathing disorders that interrupt sleep and the accumulation of biomarkers for Alzheimer's disease.

### Sleep Tips from Experts That Can Reduce Your Risk of Dementia

Because past research has found that the brain clears up harmful deposits of amyloid plaque during sleep, a dementia-prevention strategy that promotes quality sleep is clearly best. The good news is that there are several things you can do that can improve the quality of your sleep and reduce the risks of poor sleep and the onset of dementia.

For example, the article, "[Lack of Sleep May Cause Alzheimer's](#)" provides the following recommendations for those who often feel sleep-deprived:

- If you cannot sleep eight continuous hours, then spread it out.
- Sleep in four-hour periods of time.
- Take naps.

Also, the article "[Waking up to sleep as a risk factor for dementia](#)" lists helpful sleep advice for those over age 50. For example:

- Get physical exercise during the day and exposure to natural light
- Avoid caffeine after lunch – it's found in tea, cocoa and cola as well as coffee
- Don't eat or drink much before bed – alcohol in particular may make you sleep, but then ultimately wake up when its effects wear off. Avoid smoking, especially before bedtime
- If you must nap during the day, keep it to at most 30 minutes in the early afternoon

Also, try these additional tips at bedtime:

- Have a regular routine with set times for going to bed and getting up
- Don't stay in bed if you're not sleepy or have had enough sleep
- Keep the bedroom quiet, dark and at a good temperature
- Don't have a TV, smartphone or tablet in the bedroom



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## Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

**For more information on Saunders House, our Short-Term Rehabilitation program and other professional services, please call us today at 610.658.5100 or [contact us](#) online.**

*Disclaimer: The articles and tip sheets on this website are offered by Saunders House and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*