



List of Resources

RESTORATIVE SLEEP

**RESOURCES THAT
ARE EVIDENCE
BASED & SUITABLE
FOR OLDER
ADULTS**

**QK
CONSULTING**

Complimentary
Information

COMMON BEHAVIORS THAT CONTRIBUTE TO POOR SLEEP

What you should avoid doing:

- Daytime napping
- Spending too much time in bed
- Inadequate activity during the daytime
- Exercising in the late evening
- Inadequate bright light exposure during the daytime
- Consuming too much caffeine
- Alcohol consumption shortly before going to bed
- Smoking in the evening
- Eating a late heavy dinner
- Engaging in cognitively stimulating activities at night, like watching TV
- Anticipation and anxiety about having poor sleep
- Watching the clock while in bed
- Environmental factors in the bedroom (temperature, lighting, noise)
- Pets in the bedroom during sleep hours

HELPFUL WEBSITES

American Sleep Apnea Association
<https://www.sleepapnea.org/>

National Sleep Foundation
<https://www.thensf.org/>

Restless Legs Syndrome Foundation
<https://www.rls.org/>

ADAPTED FROM

Benca, R. & Teodorescu, M. (2019) Sleep physiology and disorders in aging and dementia. Handbook of Clinical Neurology, 167, 477 – 493.