

gobiz more small businesses go forward with Visa. see all the ways Visa can help your business >

VISA BUSINESS

SAN ANTONIO COMMUNITY HOSPITAL
A 100 Top Hospital in the Nation.

Weather: ONTARIO, CA | Now: 64°F | High: 87°F | Low: 62°F | 5-Day Forecast

Traffic: 10E 10W 15N 15S 57N 57S 60E 60W 210E 210W

Subscriber Services | E-Edition | Mobile | Mobile Edition | RSS | Login | Newsletter

This Site Web Search powered by **YAHOO! SEARCH**

Home News Sports Business Opinions Entertainment Inland Living Info Obituaries Auto Jobs Homes Marketplace Promote Your Business

Most Viewed Most E-Mailed

BOOKMARK Font Resize

Print Email Font Resize

1. Chino Hills teen killed in 71 Freeway crash
2. UPDATE: Ontario police remove three people from Rancho Cucamonga...
3. Mother, teen arrested for torturing boy and locking him in closet
4. Chino police officer alleges colleague sexually harassed and stalked...
5. Barstow man accused of raping 14-year-old neighbor girl
6. Man robbed at Rancho Cucamonga gas station
7. CIM inmates sent to Stark after riot
8. Pomona superintendent leaves for Washington after three years of...
9. Bloody aftermath of prison riot
10. Doritos bag ties man to RC robbery eight years later

Point of View

Seniors need a good night's sleep

Ronald H. Bolding
Created: 08/13/2009 07:44:33 PM PDT

A common misconception is that you need less sleep as you age. According to The Better Sleep Council, seniors need just as much sleep as younger adults - about seven to nine hours each night - in order to live a happy, vital lifestyle. However, many seniors get much less sleep than they need for a variety of reasons.

Older adults often suffer from fragmented sleep (more rapid sleep cycles), a decrease in deep sleep and more awakenings between sleep cycles. Some of the common causes of these changes include increased napping during the day, pain or medical illness, lack of exercise, medication and sleep disorders.

A National Sleep Foundation poll of older adults found a close relationship between the health and quality of life of older adults, and their sleep quantity and quality. The poll found that the better the health of older adults, the more likely they are to sleep well. Moreover, the more positive moods and outlooks as well as having more active and vital lifestyles were associated with good sleep patterns.

In order to keep seniors on track to a better overall active, positive lifestyle, the National Sleep Foundation recommends the following easy pointers to help seniors get a good night's rest:

Keep a regular sleep schedule - Go to bed and wake up at the same times every day.

Develop bedtime rituals - A soothing ritual, like taking a bath or playing music, will help you wind down.

Be engaged - Social activities,

family and work can keep your activity level up and prepare your body for a good night's sleep.

Experiment with napping - Sleep experts caution seniors to limit naps to 30 minutes or cut them out completely if they interfere with regular nighttime sleep.

Enjoy the summer sunlight - Bright natural sunlight increases melatonin, which regulates your sleep-wake cycles.

As a proponent of senior vitality, I feel that it is important to enjoy life and make every moment count. By learning the facts about aging and sleep, seniors can get out of the dark - and finally get some well-deserved rest.

Ronald H. Bolding is the president and CEO of Inter Valley Health Plan, a not-for-profit, federally qualified, Medicare Advantage Organization providing health insurance products for more than 13,000 Medicare seniors throughout Los Angeles, Riverside and San Bernardino Counties.



Kelly Lost 47 Lbs with 1 Old Rule!
Kelly Cut Down 47 lbs of Stomach Fat In A Month By Obeying This 1 Rule
[Explore Now...](#)



Portland-Auburn Moms! Lose 47lbs, Follow 1 Rule!
I Cut Down 47 lbs of Stomach Fat In A Month By Obeying This 1 Old Rule
[Explore Now...](#)



Portland-Auburn Residents: Make \$63/Hr Part-Time!
\$63/hr part-time jobs open. Requirements: Just a computer.
[Explore Now...](#)

CLICK PLAY TO HEAR STORY!
 CLICK PLAY TO LIST
[... or choose from all podcasts on this site](#)

Ask About this Story
Have a question about something in this story? Ask it here and get answers from readers like you.

Questions/Answers

- Questions and answers on Daily Bulletin stories from readers like you. Submit your own question.
- State workers protest gov.'s proposed pay cuts - DailyBulletin.com: Don't pay legislators by In his grip | 7 Answers
 - Councilman to seek new seat - DailyBulletin.com: Legal but not ethical ?? by I object! | 6 Answers
 - 'A very busy ballot' - DailyBulletin.com: O.K. What source of information do we believe when ... by skeptic | 4 Answers
 - 3:52 p.m.: Passenger killed in Cajon Pass crash identified as 17-year-old Ontario teen (Photo ... by kroq1981 | 5 Answers
 - Achatz is someone to lean on - DailyBulletin.com: Rocco bio by Audrey Hayward | 3 Answers

[More questions](#)

More News

- New mural in San Bernardino memorializes hard work of interned Japanese-Americans
- Alleged misconduct by two county fire officials referred to DA's Office
- Three SB county land-use supervisors placed on paid leave for mismanagement
- Vigil scheduled for Fontana man injured in motorcycle crash
- Claremont teen contributes art to national literary magazine

Advertisement

ShoeMall.com
FREE SHIPPING EVERY DAY!

start your warm-up

BOOKMARK Font Resize Return to Top

Print Email Font Resize Return to Top

SHARE YOUR COMMENTS GOT A QUESTION?

Type in your comments to post to the forum

Name (appears on your post)

Comments

Type the numbers you see in the image on the right:

Please note by clicking on "Post Comment" you acknowledge that you have read the Terms of Service and the comment you are posting is in compliance with such terms. **Be polite.** Inappropriate posts may be removed by the moderator. Send us your feedback.

Pomona superintendent leaves for Washington after three years of change and success
 Local calendar, August 14
 'Toto, I don't think we're in Pomona anymore'
 Neighborhood makes lemonade to help burned-out families
 Residents offer staunch opposition to Carrari Ranch proposal
 Montclair Library offers new way to get GED
 Attorney general targets Inland Empire mortgage modifiers
 Suspect wanted for parole violation arrested by Ontario police
 Crime and public safety, August 14
 Man sentenced to 15 years to life for Ontario killing
 Pomona board begins process of replacing superintendent
 Chino Valley Now, August 14
 Upland residents, gardeners clash at meeting
 Short takes, August 14
 Third birthday party results in lots of help to needy kids
 'Crucible' auditions planned by Rancho Cucamonga Community Theatre

<p>Senior Singles Senior singles in the USA and Canada. Browse pictures and www.SeniorPeopleMeet.com</p>	<p>Travel Design Intl Experienced agents dedicated solely to corporate travel. Call us now. .TravelDesignInternational.com</p>	<p>Super Cheap Car Insurance Get Discount Car Insurance Quotes Online – Rates from \$15 / Month. Discount-Car-Insurance-Rates.com</p>
--	--	---

Ads by Yahoo!



SAVE \$1,000'S ON HOME INSURANCE.
 get your **free quote** it takes just 5 minutes!
 Get yours now!
 Lowest Quote