Understanding Adult Sleep

PART 5

SLEEP AND AGEING

the sleep charity®

It is a common misconception that sleep needs decline with age. It's not about needing less sleep, but in older adults sleep quality declines and a change in sleeping patterns is experienced.

Delivered by Professor Jason Ellis, this module delves into the relationship between sleep and ageing, why sleep becomes more vulnerable as we age and some of the typical issues that older adults experience.

Materials are delivered entirely online through our online training hub. You will need to allow approximately one hour to complete the training. A downloadable workbook is provided as well as mini resource toolkit to take away.

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The module covers

- Sleep throughout the life span
- Changes in physiology and sleep architecture
- Typical sleep pattern in an older adult
- Common issues
- Sleep in dementia

COURSE COSTS

Course licences: **£45/licence**

Buy all eight modules for £280
(saving £80)

This course is part of an 8 part series covering adult sleep, insomnia, sleep and menopause, sleep and ageing, sleep and mental health, impact of shift work, stress and sleep and sleep disorders.

To book your place or for more information on our courses, please contact us on training@thesleepcharity.org.uk or visit thesleepcharity.org.uk

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