

Sleep for adults 65+

Adults 65+ should aim for 7 to 8 hours of sleep each night.

Move more, sleep well:

Sleep is just as important as being active! The benefits of physical activity are increased when paired with sufficient sleep. As we age, sleep patterns often change – it's important to get enough sleep to support brain function, mood and immune health.



Tips for a good night's sleep:



Stick to regular bed and wake-up times (even on weekends).



Create a sleep-friendly space: dark, quiet, cool and free of screens.



Establish a relaxing routine 30 minutes to 1 hour before bed.



Be active during the day; reduce time spent sitting.



Limit screen time during the day and avoid screens at least 1 hour before bed.



Avoid large meals, caffeine, alcohol and nicotine before bed.

Sleep challenges often increase with age, including night sweats, hot flashes, frequent urination, restless legs, pain or pauses in breathing. Some medications may also disrupt sleep. Talk to your health-care provider about any concerns.

You may experience earlier bed and wake times, daytime napping and more nighttime awakenings (frequent bathroom trips) or lighter sleep.



Produced by OSPAPPH
Sleep Working Group

Safety tips:

- Keep a clear path to the bathroom at night to prevent falls.
- Use a nightlight if needed.
- Keep a phone within reach for emergencies.

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Sweat

150 minutes
per week



Step

Several hours



Sleep

7 to 8 hours