

Aging and Sleep: Healthy Sleep Habits in Our Golden Years

Nothing is better than a good night's sleep, and that's a scientific fact. Sleep plays a [fundamental role in your overall health](#), including brain, emotional and physical health. This doesn't change as we age. According to the [National Sleep Foundation](#), older adults need seven to eight hours of sleep each night. With a proper good night's sleep, you can stay mentally and physically well as you age.

5 Health Benefits of Good Sleep Habits

1. Boosts your immune system.

The lack of a good night's sleep is enough to negatively impact your immune system. When we don't get enough sleep for a period, [it strains the body](#). This strain results in a weakening of your immune system — the body's defense against illnesses. To keep your immune system working for you, you need regular, quality sleep to aid your body's defense system and keep illness at bay.

2. Increases your heart's function.

According to the CDC (Centers for Disease Control), not getting enough sleep can [result in health issues including hypertension, diabetes and obesity](#). Each of these health problems increases the risk of heart attacks, heart disease and even stroke. With the knowledge that cardiovascular disease is the number one cause of death in the US, it makes the concept of heart health vitally important, therefore making healthy sleep habits imperative.

3. Improves memory.

It's no secret that [lack of sleep inhibits memory \(both short and long-term\), attention and decision-making](#). Assuring that sleep is a priority means a sharper mind and an active brain as you continue to age.

4. Discourages the growth of cancer cells.

Melatonin — a hormone that regulates our sleep cycle — is released in the body when the sun goes down. Research shows us that "[melatonin significantly suppresses cell proliferation and induces apoptosis](#)." To continue producing melatonin properly in your older years, sleep for seniors is of the utmost importance.

5. Keeping Social Connections.

Without enough sleep, you'll end up going about your day in a sluggish haze. This haze means less engagement in activities and with your peers. [Research](#) has also found that lack of sleep hinders the emotional process of information

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and recognition of social cues. That can lead to a feeling of disconnect with your friends and family.

Find Healthy Sleep Habits with Stonebridge at Montgomery

A retirement you can enjoy includes sleeping well at night, every night. To help you get a good night's sleep, you can take advantage of Stonebridge at Montgomery's many [amenities](#) to help put you in a relaxing state. Enjoy a calming session in our art studio, take a few laps in our year-round indoor pool or wind down with a good book from our library (some of which were written by Stonebridge residents). You can also rest easy knowing that [maintenance-free living](#) means everything you need to enjoy a carefree lifestyle. [Contact our team](#) today to learn what a good night's sleep feels like at Stonebridge at Montgomery.