

Sleep Disorders In Elderly

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The sleep is triphasic, Sleep latency, Synchronized Eye movement phase(SEM) and finally the Rapid eye movement phase(REM). The sleep latency lasts for twenty to thirty minutes, followed by the NREM and REM phases each lasting for one hour to ninety minutes alternatively, whole night. The whole sleep cycle of seven to nine hours is guided by neurohormonal mechanism. This is also age related, varying from infancy to elderly.

In the elderly, the sleep architecture per se is altered in a natural way, the sleep latency gets prolonged, REM is much less in comparison to that of adults. There can be several Apneas-Central and Obstructive apneas, with intermittent hypopneas. Furthermore, the sleep phenomena is modified by other comorbid conditions like Diabetes Mellitus, COPD, Hypertension, Breathing Disorders of Sleep, ailments of the heart and other organ specific problems. Ultimately, the disorders may lead to cognitive dysfunctions leading or coexisting with Dementia, Alzheimer's' disease and other forms of neurodegenerative diseases. These are some or other way related to Amyloid degeneration and blockage of neural synapses. The remedy consists of change of lifestyle, useful contribution to self and the society, abandoning smoking and alcohol, aerobic exercises or Yoga, treatment of the age related problems, periodical health checkup and finally few specific medicaments for halting the degenerative procedure

Biography

P V Prabhakar Worked in Mnr Medical College,India

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