



Sleep and Healthy Aging Scientific Consensus Conference
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International Longevity Center-USA

An affiliate of Mount Sinai School of Medicine

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Gallup Survey on Sleep and Healthy Aging



Rationale

- ∞ Though sleep problems are associated with many health problems, including epidemics such as obesity and diabetes, the importance of sleep on healthy aging is often overlooked in the medical community

Gallup Survey Objective

- ∞ Document older adults' awareness and attitudes on a range of issues:
 - Knowledge of the importance of sleep
 - Sleep behaviors and coping mechanisms
 - Attitudes toward sleep and aging



Survey Goal

- ∞ Use survey results to help encourage discussion among healthcare professionals about sleep problems within the aging population

Methodology

- ∞ The Gallup Organization interviewed 1,003 Americans 50 years of age and older via random telephone surveys
- ∞ Results are nationally representative of all adults age 50 and older

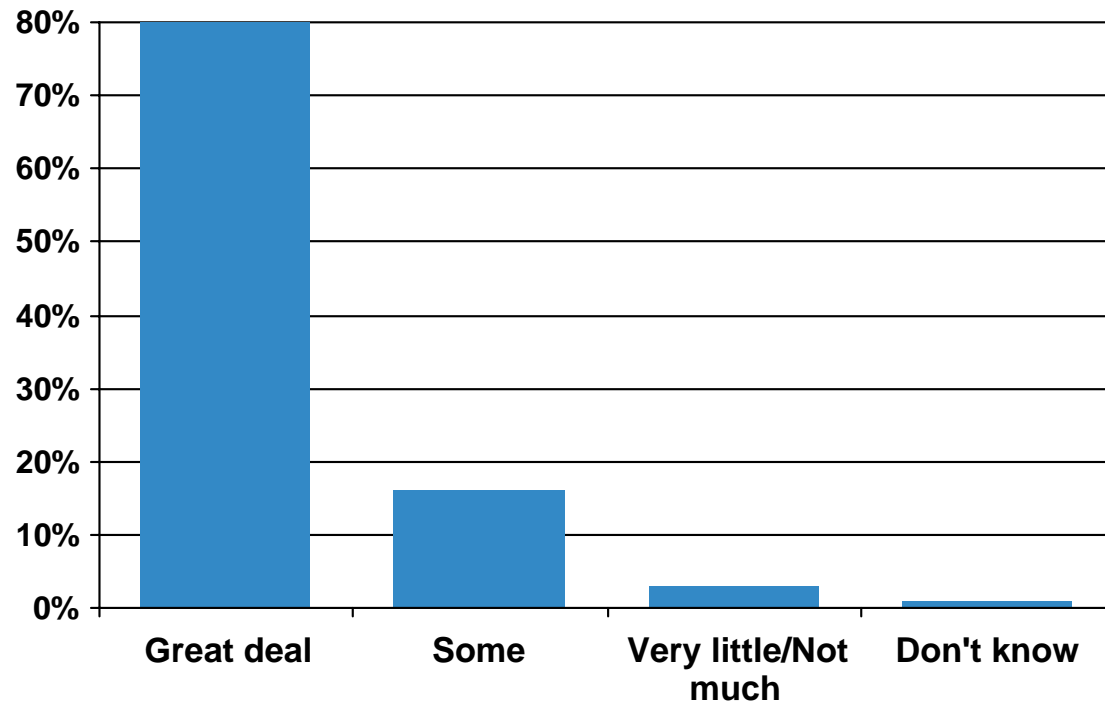
Sleep A New Vital Sign?

- ∞ A growing body of science links sleep to a host of ills, including depression, anxiety, cardiovascular disease, diabetes, obesity and more



Summary of Findings

***Older adults recognize the
importance of sleep...***



Vast majority of older adults believe sleep is very important for healthy aging

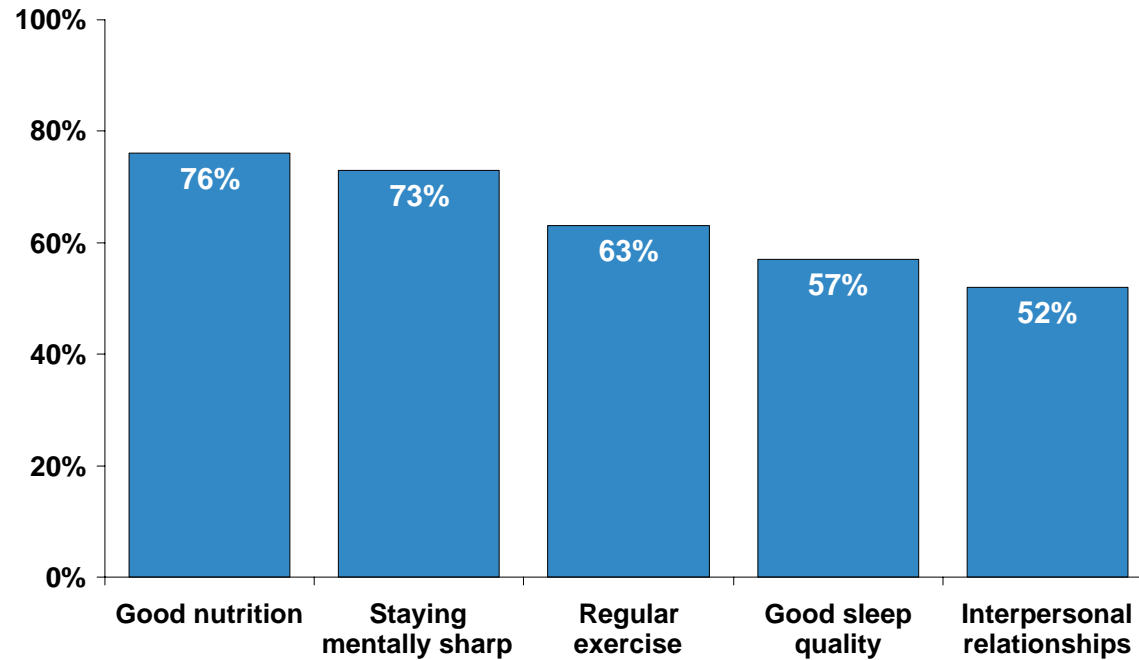


Sleep Patterns

One in two (47%) report they are getting less than seven hours a sleep a night

One in three (34%) feel they need more sleep than they are currently getting

Attitudes Toward Sleep



Respondents ranked “good sleep quality” **fourth of five** healthy lifestyle factors



Attitudes Toward Sleep

45% feel they need more sleep today than when they were younger

24% agree that getting more than 9 hours of sleep a night is a sign of laziness

Perceived Causes of Poor Sleep

Worry and Sleep


- ∞ Worrying interferes with respondents' ability to fall and stay asleep (40% and 26%, respectively)

Caregiver Challenges

- ∞ Among primary caregivers, 50% say that worry has interfered with their ability to fall asleep
- ∞ 36% report that worry has interfered with their ability to stay asleep

Perceived Causes of Poor Sleep

Other health conditions interfere with respondents' sleep:

- ∞ Heart disease (16%)
 - ∞ Cancer (14%)
 - ∞ Weight problems (13%)
 - ∞ Hypertension (11%)
- 



Reported use of “sleep aids”

One in three (33%) report using at least one “sleep aid” in the past month

18% reported using the respective “sleep aid” every night

Respondents reported usage of seven popular “sleep aids”

- ∞ OTC antihistamines or cold meds
- ∞ OTC sleep aids
- ∞ Melatonin
- ∞ Herbal remedies
- ∞ Alcohol
- ∞ Audio tapes
- ∞ Rx meds not prescribed to help with sleep problems



Treatment of Sleep Problems

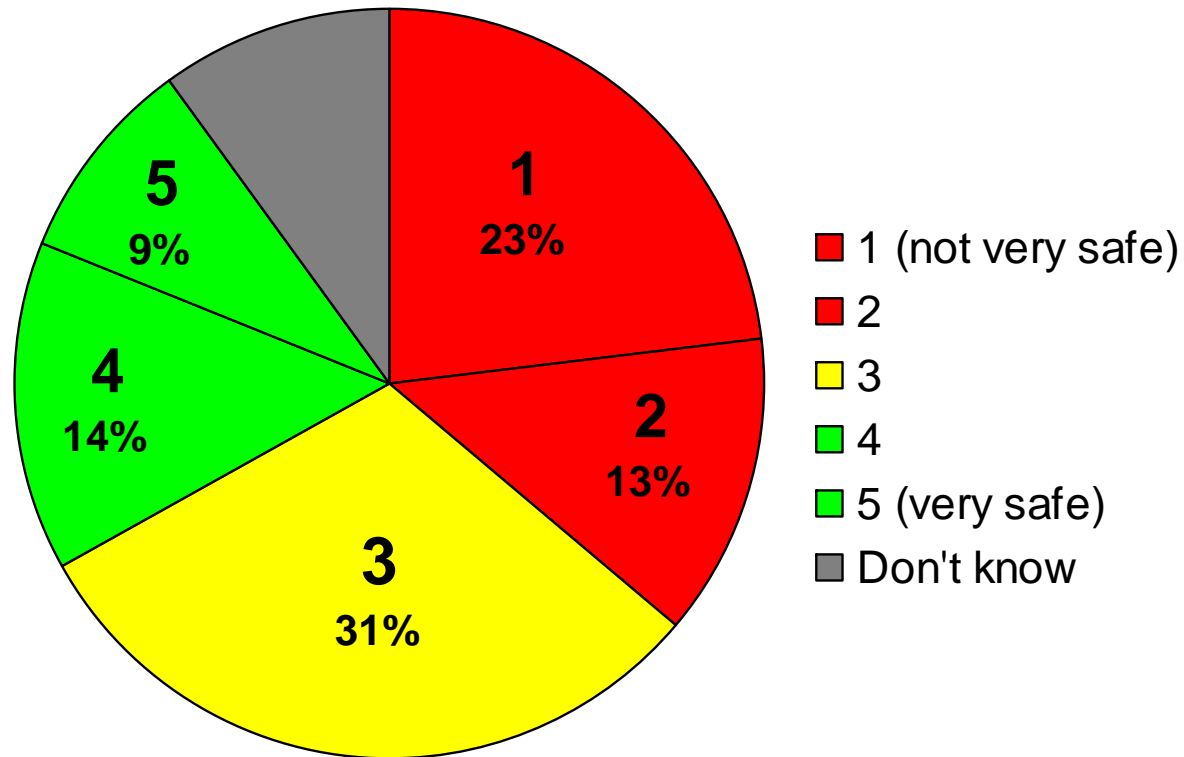
One in four (25%) believes she/he has a sleep problem

72% who feel they have a sleep problem have spoken to their healthcare providers

More than half (53%) who have spoken with their healthcare providers are not receiving treatment

25% of people who feel they have a sleep problem report taking Rx sleep medication

How Safe are Rx Sleep Meds?





Most Frequently Cited Safety Concerns

- ∞ Not knowing long-term effects of drug (73%)
- ∞ Becoming addicted (68%)
- ∞ Next-day grogginess (67%)
- ∞ Interactions with other medications (63%)
- ∞ Next-day “hangover” feeling (63%)

Questions to Consider

- ∞ While older adults have theoretical understanding of importance of sleep, are they making good sleep a priority?
- ∞ Do concerns about prescription sleep medications lead majority of sufferers to self-treat?
- ∞ Is patient education needed to increase presentation of symptoms and appropriate treatment?
- ∞ Is there need for physician education on sleep and aging?