How You Can Get a Better Night's Sleep

Despite common belief, aging doesn't cause sleep problems, and seniors don't need less sleep as they grow older.

Most older people sleep poorly, or not long enough, because of ailments associated with aging, such as arthritis, physical disabilities, respiratory problems and depression.

Lack of exercise, heart disease, anxiety, stress and menopause also can disrupt sleep, and many medications seniors take can cause insomnia.

Read More

Fixing Our Broken Sleep

*Presented by: Rick Clerici*

In this webinar, you will learn techniques for overcoming common sleep problems like "trouble falling asleep", "difficulty staying asleep", "excessive thinking", "waking too early", "Sunday night insomnia", "chronic insomnia" "shift-work difficulties" and "daytime sleepiness". You will hear about the latest population studies and the latest scientific discoveries of the foundational relationship between sleep and all areas of health. This hands-on presentation has helped many people to begin getting better sleep almost immediately. Guided relaxation exercises teach techniques for initiating sleep and returning to sleep.

Log-in any time this month to watch the webinar and ask the expert questions!