BEDTIME HABITS AFTER 60

Five bedtime habits studied in older adults, from Episode 5.

WHAT THE STUDIES FOUND

☐ 1	**A protein snack before bed**	In a trial of 48 men averaging 72, those who had 40 grams of milk protein before sleep built more muscle protein overnight than those who had a dummy drink. *(Kouw et al., The Journal of Nutrition, 2017)*
☐ 2	**Calf stretches**	In a trial of 80 adults over 55 with night leg cramps, stretching the calves and the backs of the thighs before sleep for 6 weeks meant 1.2 fewer cramps a night than not stretching. *(Hallegraeff et al., Journal of Physiotherapy, 2012)*
☐ 3	**A warm shower, 1 to 2 hours before bed**	A review of 17 studies found that a warm shower or bath 1 to 2 hours before bed, for as little as 10 minutes, went with falling asleep faster. *(Haghayegh et al., Sleep Medicine Reviews, 2019)*
☐ 4	**Tart cherry juice**	In a pilot trial of 8 adults over 50 with insomnia, 8 ounces of tart cherry juice twice a day added 84 minutes of sleep in a sleep lab, against a look-alike drink. *(Losso et al., American Journal of Therapeutics, 2018)*
☐ 5	**Sleep aids**	In 3,434 people 65 and older followed for about 7 years, heavy long-term use of strong anticholinergic drugs was linked to more dementia. Older antihistamines in many PM sleep aids are in this group. *(Gray et al., JAMA Internal Medicine, 2015)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ Is a protein snack before bed safe with my kidneys?
- ☐ Could stretching before bed help my night leg cramps?
- ☐ Is a warm shower before bed safe if I get light-headed?
- ☐ Is tart cherry juice a reasonable fit for me?
- ☐ Do any of my medicines have strong anticholinergic effects?
- ☐ Could my snoring or daytime tiredness be a sleep problem?

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