

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina's informal reading  
Paris Kern notes June 2, 2022: "Here is an interesting article regarding sleep  
and older adults. Remember all research is on going and new discoveries are  
always changing our knowledge!"

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[Below are informal notes/links from Katarina](#)

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SOURCE

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5841578/>

Sleep in Normal Aging  
Junxin Li, PhD, Postdoctoral Research Fellow, Michael V.  
Vitiello, PhD, Professor, and Nalaka Gooneratne, MD, MSc, Associate  
Professor

Sleep Med Clin. Author manuscript; available in PMC  
2019 Mar 1.

The publisher's final edited version of this article is available at Sleep Med  
Clin [https://www.sleep.theclinics.com/article/S1556-407X\(17\)30102-9/  
fulltext](https://www.sleep.theclinics.com/article/S1556-407X(17)30102-9/fulltext)

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## TABLE OF CONTENTS AND SOME ABBREVIATIONS

### SYNOPSIS

Keywords: Sleep architecture, Circadian rhythm, Sleep homeostasis, Hormone, Normal aging

### INTRODUCTION

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Sleep initiation

Sleep efficiency

Sleep maintenance

Sleep stages

Daytime napping and daytime sleepiness

Self-reported sleep quality

#### AGE-RELATED CHANGES IN CIRCADIAN RHYTHMS

Phase advance

Reduced amplitude in circadian rhythms

Decreased ability adjusting to phase-shifting

Changes in sleep homeostasis

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Cortisol

Prolactin

Thyroid-stimulating hormone

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Sex hormones

#### RISK FACTORS FOR SLEEP DISTURBANCES IN OLDER

#### ADULTS

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Primary sleep disorders

Social, lifestyle, and environmental factors

SUMMARY

KEY POINTS

Footnotes

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Contributor Information

References

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AUDIO FILES (draft 5 may yet edit/add to the end)

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina reading  
-1 Section Titles Audio <https://www.dropbox.com/s/8yidi7eoi6117e1/>

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina reading  
-2 SYNOPSIS Keywords: Sleep architecture, Circadian rhythm, Sleep  
homeostasis, Hormone, Normal aging INTRO / AGE-RELATED  
CHANGES IN SLEEP Sleep duration Audio <https://www.dropbox.com/s/y9o7500tk9axy6m/>

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina  
reading -3 AGE-RELATED CHANGES IN SLEEP cont .... Sleep  
initiation, Sleep efficiency, Sleep maintenance, Sleep stages,  
Abbreviations - Rapid Eye Movement (REM), Slow-Wave Sleep  
(SWS), Wake After Sleep Onset (WASO) Audio  
<https://www.dropbox.com/s/83bbz8qj7h0ai0m/>

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina reading -4 AGE-RELATED CHANGES IN SLEEP cont ....Daytime napping and daytime sleepiness, Self-reported sleep quality, Abbreviation- Excessive Daytime Sleepiness (EDS) Audio <https://www.dropbox.com/s/9oh9la98cqvl91v/>

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina reading -5 AGE-RELATED CHANGES IN CIRCADIAN RHYTHMS - Phase advance, Reduced amplitude in circadian rhythms, Decreased ability adjusting to phase-shifting, Changes in sleep homeostasis <https://www.dropbox.com/s/v1nk3oiqsbop5hu/>

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina reading -6 SLEEP-RELATED HORMONES, AGING AND SLEEP Growth hormone, Cortisol, Prolactin, Thyroid-stimulating hormone, Melatonin, Sex hormones <https://www.dropbox.com/s/v6yveepcz7xl4wd/>

Sleep in Normal Aging Junxin Li Mar 1. 2019 Katarina reading -7 RISK FACTORS FOR SLEEP DISTURBANCES IN OLDER ADULTS, Medical comorbidities and psychiatric illness, Primary sleep disorders, Social, lifestyle, and environmental factors. SUMMARY, KEY POINTS, **Publisher's Disclaimer:** This is a PDF file of an unedited manuscript that has been accepted for publication.

<https://www.dropbox.com/s/roktqcmcp5qzhe/>

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