

“Grumpy Old Men” May Be Sleeping On Lumpy Old Pillows

(NAPSA)—Ever wonder why Walter Matthau was such a sourpuss in “Grumpy Old Men”? He may have been sleep deprived. A 2003 poll by the National Sleep Foundation revealed that 67 percent of older adults report chronic sleep problems—from difficulty falling asleep and staying asleep to early-morning wakefulness to excessive daytime sleepiness.

“A variety of factors can interfere with getting a good night’s sleep as we age,” says Dr. Daniel Fortin, D.C. (Doctor of Chiropractic), who has been in private practice in metro Atlanta since 1989. “Countless medical problems and illnesses can affect sleep, including the millions of older people who suffer from pain caused by arthritis, osteoporosis and sore joints.”

While serious sleep problems should be investigated by a physician, the National Center for Sleep Disorders offers some simple tips for overcoming some of these complaints:

- Avoid napping in the late afternoon or early evening. Limit early-afternoon naps to 30 minutes.
- Develop the habit of going to bed and getting up at the same times. Waking at a regular time in the morning helps develop a routine bedtime.
- Limit the intake of stimulants such as nicotine from smoking and caffeine from tea and coffee.

Don’t forget the bedroom, says Dr. Fortin. “Make sure the mattress and pillows are comfortable and supportive. Buy new ones if necessary. Elderly people some-



A variety of factors can keep the elderly awake, including aging pillows.

times sleep on the same mattresses and pillows until long after they have worn out and lost their support.”

For better sleep health, Dr. Fortin recommends the Sleep-Streme™ support pillow: “It offers proper spinal alignment by following the natural curvature of the head and neck. It ensures that sleepers will have nonobstructed airflow. In addition, the Sleep-Streme support pillow is fully washable in temperatures hot enough to kill dust mites, mold and allergens, all leading triggers for allergies and serious respiratory illnesses.”

Dr. Fortin, developer of the SleepStreme support pillow, offers additional information on neck and back support at www.sleepstreme.com. Order information can also be found on the Web site or by calling 866-342-8151.