

Sleep Disorders in Elderly people and Medicine

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Abstract

Sleep disorders in geriatric age are common, they are often unrecognized and may carry serious adverse physical, mental, and social consequences.

At least 50% of older adults suffer from one of several different sleep disorders.

The most common sleep disorders in older adults are insomnia and OSA, but age-related changes in sleep, comorbidity, and other causes of sleep disturbance must also be considered

Will the review in this topic he following sleep disorders:

- ☑ Insomnia in Aging
- ☑ Obstructive Sleep Apnea
- ☑ Circadian Rhythm Disorder
- ☑ Restless Legs Syndrome

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Biography

Mr. Mana Alshahrani is working as Consultant of Family & Sleep Medicine in Saudi Board of Family Medicine [SBFM],

Saudi Arabia. Skilled in Clinical Research, Medical Education, Patient Safety and Healthcare Management. Strong research.