



FOR IMMEDIATE RELEASE: April 7, 2016

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Sleep Expert Says Don't Lose Sleep Over Growing Old *Dispelling Some Myths about Sleep and Aging*

Seattle, WA: Dr. Michael V. Vitiello, professor of Psychiatry and Behavioral Sciences at the University of Washington and internationally recognized expert on sleep and sleep disorders in older adults, will give the Annual Spring Lecture on Healthy Aging at Bayview Retirement Community on May 3. Dr. Vitiello will speak on the topic, **Growing Old Does Not Mean Sleeping Poorly: Dispelling Some Myths about Sleep and Aging**, at this breakfast event.

Sleep. It's powerful medicine. It can improve concentration, sharpen memory, help control weight, improve mood, and decrease risk of accidents, depression, diabetes, heart disease, cancer and Alzheimers. And it's Free!

Yet we live in a 24/7, sleep deprived world, and millions of Americans suffer from sleep-deprivation and sleep disorders. This does not have to be the case—particularly for older adults/seniors.

It is commonly thought that growing older means suffering from poor sleep. But new research by Dr. Vitiello and colleagues is showing that this commonly held assumption is not necessarily true. In fact, it turns out that most changes in sleep patterns occur between the ages of 20 and 60. But sleep does not change much after 60, at least in people who are healthy.

Poor sleep, according to Vitiello, is not because of aging itself. It is mostly because of other factors—such as primary sleep disorders, poor sleep-hygiene practices (e.g., irregular sleep schedules and poor sleeping environments)—that can disrupt sleep. He will present a number of methods—such as good sleep habits and Cognitive Behavioral Therapy—that are effective in promoting good sleep.

Bayview Retirement Community, located in Seattle's Queen Anne Hill neighborhood, is home to 200+ residents who value independence, friendship, healthy living, and quality care. Bayview is dedicated to transforming the experience of aging. Serving both residents and the broader community through its programs on healthy aging and intergenerational childcare center, Bayview is at the forefront of senior living and care.

For more information about Bayview, go to www.bayviewseattle.org and follow us on [Facebook!](#)

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