

Myths and facts

Infographic

1

Myth

Older adults need less sleep hours.

Fact

Although there are people who may only need 5 hours of sleep, generally most older adults only need 5 to 7 hours of sleep per night.

2

Myth

If you move a lot in bed, you are not sleeping well.

Fact

Moving while we sleep is part of a normal dream, if it does not involve other disorders such as sleepwalking.

3

Myth

The only thing that matters is the hours of sleep.

Fact

Sleeping more hours may also be a sign of a health problem that implies a greater need for sleep.

4

Myth

Women manage sleep lack better than men.

Fact

Both women and men experience similar effects from lack of sleep, including cognitive problems and difficulties for daily functioning.

5

Myth

You can catch up on lost sleep with naps or during the weekend.

Fact

Scientific studies indicate that improving your daily functioning is possible through healthy lifestyles and enhancing it with sleep hygiene tips.