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Less Sleep Normal Part of Aging?

Sleep is a very important part of being healthy. Your body heal and fight off disease if you don't give it a chance to recover every night. You won't have enough energy to exercise and live a health life. A new report indicates that we actually may need less sleep as we grow older.

Even though older adults got less total sleep at night than their younger counterparts, researchers found that older adults displayed fewer symptoms of daytime sleepiness. In a measure of daytime sleepiness, older adults took five-and-a-half minutes longer to fall asleep after lying down compared to younger adults.

This may explain why my grandpa wakes up every day at the crack of dawn. I thought it was ingrained from growing up on a farm, but the research shows it may just be the natural way of things.

Click the link below to visit WebMd and learn all about this sleep related research.

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