

# Help for people who snore & twitch

Does your bed partner snore or toss and turn during the night? Do they periodically twitch for no reason at all? Are you faced with two alternatives: Sleeping in the guest room or not sleeping at all?

Older adults—especially men—tend to develop two kinds of sleep disturbances. One is sleep apnea: Breathing stops for short periods of time and is followed by loud snoring. The other is movement disorders, such as periodic limb movement disorder (PLMD) or restless legs syndrome (RLS).

Sleeping with the head of the bed elevated can make breathing easier and discourage snoring. Since being overweight and drinking alcohol seem to aggravate both sleep apnea and movement disorders, losing excess pounds and avoiding alcohol can help. Sleeping pills can aggravate sleep apnea, so people who have this problem should use other ways to get a good night's sleep.

Sleep apnea may seem like nothing more than a nuisance, but it can be life-threatening if left untreated. So if you or your partner has this problem, see a doctor.

