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Home Care Assistance Publishes Sixth Book in Award-Winning, Healthy Longevity Series

“The Senior Sleep Solution: A Guide to Improving Sleep in Later Life” explains the science of sleep in an engaging and accessible manner and arms older adults and caregivers with the tools needed to identify and remedy potential sleep disturbances

(Palo Alto, CA – August 5, 2013) [Home Care Assistance](#), North America's leading provider of in-home care, proudly announces the release of its newest book, *The Senior Sleep Solution: A Guide to Improving Sleep Later in Life*. Sleeping well is important to physical and mental wellbeing at every age. Older adults who don't sleep well are more likely to suffer from depression, attention and memory problems, excessive daytime sleepiness and nighttime falls. Their caregivers are also at a higher risk for experiencing sleep problems. As adults age, sleep patterns may change—older adults tend to have more difficulty falling and staying asleep than they did in their younger years. The prevalence of many sleep disorders, such as insomnia and sleep apnea, also tends to increase with age. [The Senior Sleep Solution](#) explores some common causes of chronic sleep disturbance among seniors and provides guidance for older adults and their loved ones to re-establish and maintain a restful sleep pattern, and in doing so, improve overall quality of life.

“Sleep is vital to physical and mental wellbeing,” said Lily Sarafan, President of Home Care Assistance. “It is a common misconception that we need less sleep or lower quality sleep as we age. Many older adults, their loved ones and caregivers are not aware of how and why sleep patterns may change with advancing age. *The Senior Sleep Solution* will help these individuals identify and address sleep disturbances with the aim of improving quality of life.”

The Senior Sleep Solution is already being hailed by many in the aging industry as the go-to resource for information about the sleep process as we age. The book is divided into three sections. The first describes the multiple stages of sleep and potential theories on the

purpose of sleep. The second sheds light on common barriers to quality sleep as we age, including various sleep disorders and dementia. The final section of the book offers evidence-grounded and easily applied methods to reduce sleep disturbances and improve sleep quality.

This book is the latest in the Home Care Assistance award-winning [Healthy Longevity Book Series](#), designed to address the various challenges facing the aging population and provide well-researched advice to ensure healthy and successful aging at home. Topics covered in previous books include scientifically-based lifestyle choices to promote healthy longevity, best practices for providing quality care for an aging loved one in the home, hospital discharge and post-hospitalization care at home, understanding how the five senses evolve as we age and adopting a multi-faceted approach to dementia care.

The Senior Sleep Solution is available on Amazon.com and in your local office. For more information on Home Care Assistance and our expertly trained caregivers, please visit www.HomeCareAssistance.com or call 1-866-454-8346.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States and Canada. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2013 Franchise500® and Inc. 5000 Company, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit homecareassistance.com or franchise.homecareassistance.com.