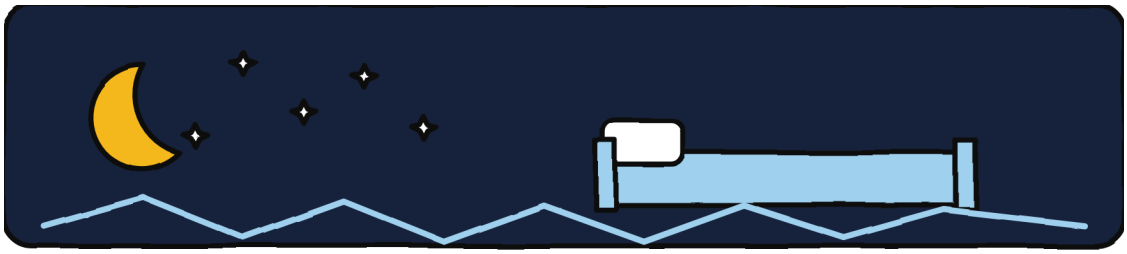
A MAXADEMY MINI-GUIDE

Sleep & Recovery

Consistent, deep sleep rebuilds you. Here's how to protect it after 50 — and when sleep troubles are worth a doctor's visit.



7–8 HOURS OF CONSISTENT, DEEP SLEEP

What's Inside

01 Why Sleep Changes After 50

02 Protect Your Sleep Window

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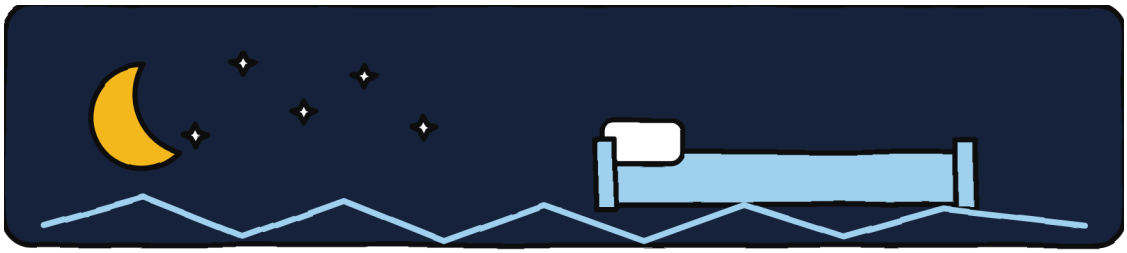
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CHAPTER 1 · WHAT'S DIFFERENT

Why Sleep Changes After 50

Sleep often changes with age. It can become lighter, more easily interrupted, and shifted earlier. This is common — but poor sleep is not something you simply have to accept, and small changes can make a real difference.

Good sleep is when your body and mind repair. It supports energy, mood, memory, appetite, and immune health. Protecting it is one of the highest-value habits in this whole course.



7–8 HOURS OF CONSISTENT, DEEP SLEEP

Aim for consistent, deep sleep.

CHAPTER 2 · THE FOUNDATION

Protect Your Sleep Window

The single most powerful sleep habit is consistency. Going to bed and — especially — waking at the same time trains your body's internal clock, so falling asleep and waking up both become easier.

- Aim for a consistent 7–8 hours.
- Keep the same wake-up time, even on weekends.
- Make the bedroom dark, quiet, and cool.
- Reserve the bed mainly for sleep.

> **TRY THIS**
>
> Choose one fixed wake-up time and hold it for a week, regardless of how the night went. A steady wake time anchors the whole system.

CHAPTER 3 · EASE INTO NIGHT

Your Wind-Down Routine

Your body needs a runway to land into sleep. A calm, repeatable wind-down tells it that the day is ending.

- Dim lights and screens about an hour before bed.
- Keep caffeine to the morning and limit alcohol at night.
- Use a relaxing routine — reading, gentle stretching, or slow breathing.

> **TRY THIS**
>
> Pick one calming activity and do it at the same time each night for a week. Repetition is what turns it into a sleep signal.

CHAPTER 4 · DAYLIGHT HOURS

Daytime Habits That Help

What you do during the day shapes how you sleep at night. A few simple daytime habits support deeper, easier rest.

- Get natural light soon after waking.
- Stay physically active during the day.
- Keep naps short and earlier in the day if you nap.
- Avoid heavy meals very late at night.

CHAPTER 5 · KNOW THE SIGNS

When to See Your Doctor

Sometimes sleep problems point to something a doctor should check. These are worth a conversation rather than just "pushing through."

- Loud snoring, gasping, or pauses in breathing during sleep.
- Feeling exhausted despite enough hours in bed.
- Relying on something to fall asleep most nights.
- Sleep that is regularly disturbed by pain, mood, or frequent waking.

Conditions like sleep apnea are common and treatable. If these signs sound familiar, ask your doctor — better sleep can change how you feel everywhere else.

Worksheet: Sleep Log

Track a week of sleep. Patterns reveal what helps and what hurts.

Day	Bedtime	Wake time	Hours	Rested? (1–10)	Notes

My fixed wake-up time will be:

My one calming wind-down activity:

Key Takeaways

1. Sleep often gets lighter after 50 — but it can still be protected and improved.
2. Consistency is the most powerful habit; keep a fixed wake-up time.
3. Make the bedroom dark, quiet, and cool, and reserve it mainly for sleep.
4. A calm wind-down routine signals your body that the day is ending.
5. Morning light, daytime activity, and earlier light meals all help.
6. Loud snoring, gasping, or constant tiredness deserve a doctor's visit.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to build a simple sleep routine and troubleshoot what's keeping you up.

Join Dr Max Live →

Important: This guide is provided by Maxademy for general health education only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified healthcare professional. Always talk with your doctor before changing your diet, activity, supplements, or medication — especially if you have a medical condition or take prescription drugs. Individual results vary, and no specific health outcome is promised or guaranteed. If you have chest pain, trouble breathing, or other urgent symptoms, seek emergency care immediately. © 2026 Maxademy. Resale or redistribution prohibited.