

Poll Questions

October 2017

Trouble sleeping? Don't assume it's a normal part of aging

Questions were answered by respondents age 65–80.

In a typical week, how many nights do you:

Q1. Have trouble falling asleep?

1. 0 nights
2. 1-2 nights
3. 3-5 nights
4. 6-7 nights

Q2. Why do you have trouble sleeping?

1. Worries/stress
2. Side effect of medication
3. Pain
4. Have to use the bathroom
5. Disturbances (noise, pets, lights, snoring)
6. Napping too long during the day
7. Too much caffeine
8. Not sure of reason
9. Other

Q3. Overall, how much is your sleep a problem for you?

1. A great deal
2. Some
3. Little or not at all

Q4. Have you talked with your doctor about ways to improve your sleep?

1. Yes
2. No

Q5. Did the doctor give you advice?

1. Yes, and it helped
2. Yes, but it didn't help
3. No, did not get advice

Q6. Why haven't you discussed sleep problems with your doctor?

1. Didn't remember to ask
2. Didn't want to bother doctor
3. Had other things to discuss
4. Didn't think doctor could help
5. Don't think of sleep as a health issue
6. Other

Q7. How often do you use the following to fall asleep or get back to sleep?

a. Prescription sleep medicine (like Ambien or Restoril)

1. Use regularly
2. Use occasionally
3. Do not use

b. Over-the-counter medicine (like Tylenol PM or Benadryl)

1. Use regularly
2. Use occasionally
3. Do not use

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c. Prescription pain medicine (like Vicodin or OxyContin)

1. Use regularly
2. Use occasionally
3. Do not use

d. Herbal/natural sleep aids (like melatonin or valerian root)

1. Use regularly
2. Use occasionally
3. Do not use

Q8. How long have you used prescription sleep medicine?

1. Less than 3 months
2. 3-11 months
3. 1-3 years
4. Over 3 years

**Q9. Please rate the following statement:
Poor sleep is a normal part of aging.**

1. Definitely true
2. Probably true
3. Probably false
4. Definitely false

Participants were also asked demographic questions on age, gender, health status and insurance status.

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