



Celebrate Seniority

## Brain Fitness Program

### Pillar 5



### Get Refreshing Sleep

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Welcome to the Celebrate Seniority at-home Brain Fitness program, packet five, with increasing difficulty. Remember to take your time and challenge yourself to complete the activities although you will find them challenging.

This program is based on the six pillars of brain health and will help support those interested in understanding their brain health and challenging themselves.

Each packet will focus on one of the following pillars of brain health (modeled after Healthy Brains by Cleveland Clinic):

1. Engage your brain
2. Connect with others
3. Adopt a healthy diet
4. Exercise regularly
5. Get refreshing sleep
6. Reduce stress and maintain a healthy blood pressure level



Each packet will include stimulating puzzles with answers, activities, pillar-specific information and additional resources. To download additional packets and watch related videos, visit [multicare.org/volunteers/celebrate-seniority/](https://multicare.org/volunteers/celebrate-seniority/).

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# Brain Health Pillar 5: Get Refreshing Sleep

## The Main Idea

Few things feel better than a good night's sleep. Sleep is restorative, puts us in a better mood, and sharpens our brains. It also gives us the energy and the ability to run our busy lives — from exercising to keeping up with our activities and chores.

## Sleep and Aging

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- Be irritable
- Have memory problems or be forgetful
- Feel depressed
- Have more falls or accidents

## Tips to Help You Fall Asleep

You may have heard about some tricks to help you fall asleep. You don't really have to count sheep—you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. **Talk with your doctor** about changes you can make to get a better night's sleep.

### **Try this: Mindful Hand/Foot Technique for Relaxation – Staff Pick**

This activity is meant to calm your mind, help you relax. This activity is beneficial if you are feeling upset by stress or trying to calm your mind before bedtime. Begin by sitting comfortably. Look around the room and orient yourself to what is around you. Sit upright, yet relaxed. Now close your eyes, and let take three deep, slow, breaths. Feel your rib cage expand, use your lower abdomen to exhale.

2 minutes – set a timer.

Open your eyes. Pay attention to your hands. How do they feel? Warm, Cold, or Tingly? Heavy, Moist or dry? Stretch out your fingers and wiggle them.

2 minutes

Now move your focus to your feet. Are they warm or cold? Heavy? Tingly? Feel the weight of your feet as the rest on the floor. Wiggle your toes.

2 minutes

Move your focus between your hands and feet. Be intentional that your focus moves between your hands and feet using the above techniques. When you notice your attention has wandered, let the thought go, and bring your attention back to your focus point. If you like, you may move your attention from your feet up to your knees, hips, torso, head, shoulders, elbows, and hands.

1minute

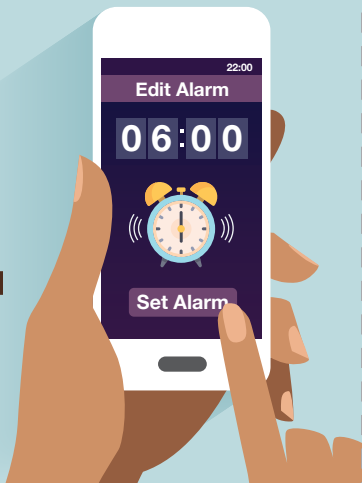
In conclusion, bring your attention back to your room. Sit for a few moments and reflect how you feel.



# SLEEP IS VITAL TO THE AGING BRAIN, INCLUDING COGNITIVE FUNCTION EXPERTS AGREE...



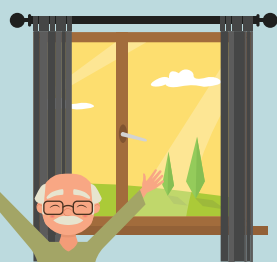
Get 7 to 8 hours  
of sleep in  
a 24-hour  
period



Exercise. Regular physical  
activity promotes  
good sleep



Get up at the same  
time every day.  
Develop a regular  
sleep-wake  
schedule



Keep the bedroom  
dark, quiet, and  
at a comfortable  
temperature



Limit use  
of bedroom  
for sleep

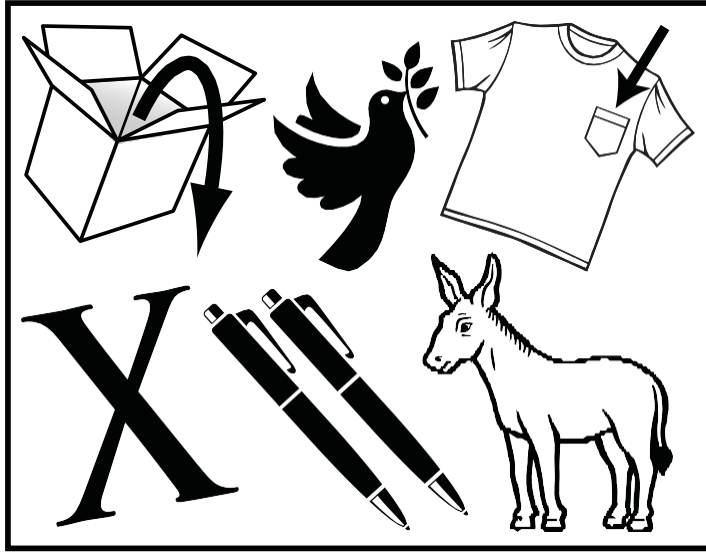


Expose  
yourself  
to light  
during the  
daytime

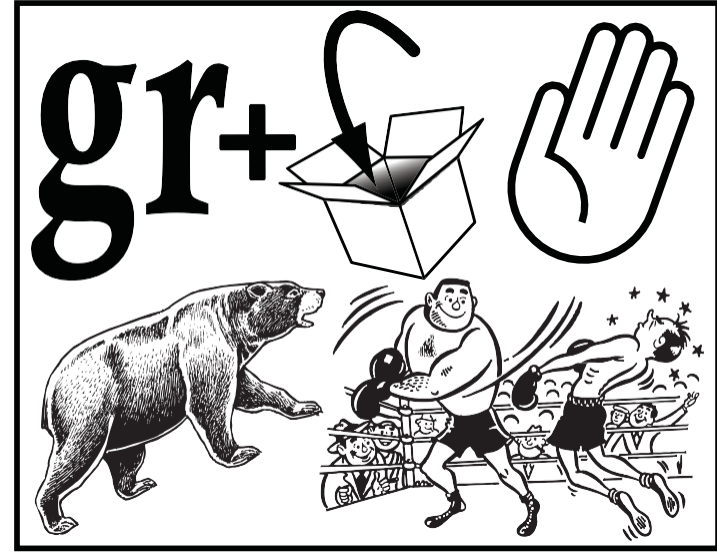


# Concentration Puzzles

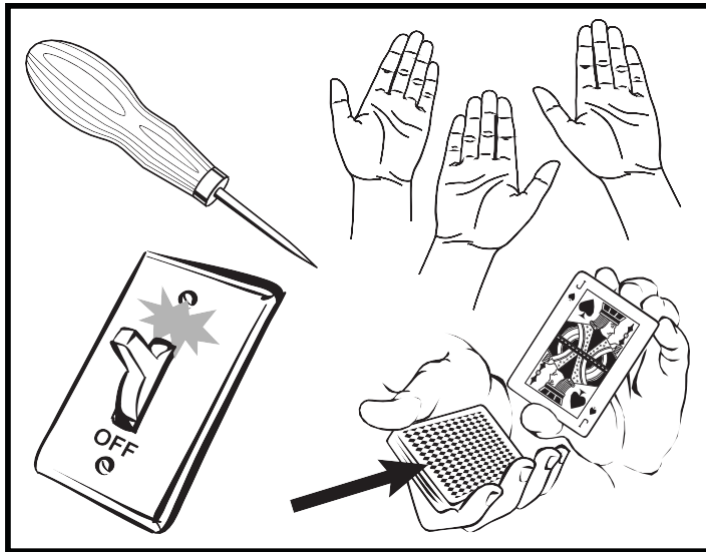
Use the visual clues in the puzzle to figure out what it says.



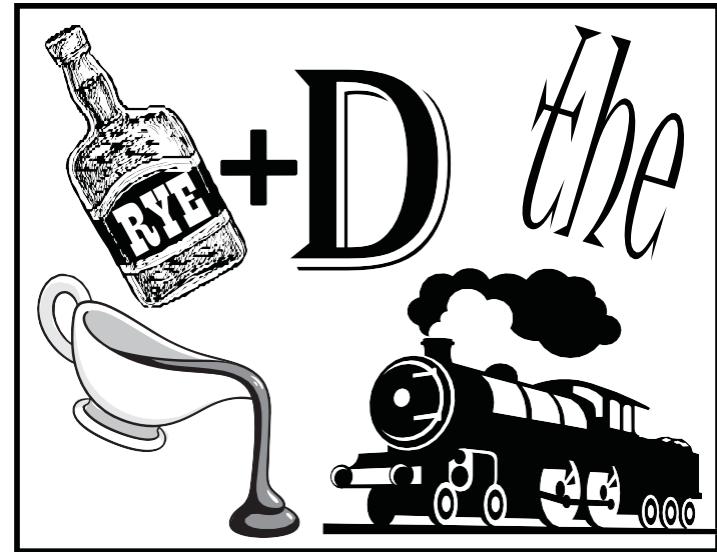
Puzzle #1



Puzzle #2



Puzzle #3



Puzzle #4

# CHALLENGE ACTIVITY



**Squared Up** Each row of the square adds up to the same amount. Fill in the missing numbers to complete the squares.

Square #1  
The sum of each row is 92.

	17		=92
20	48		=92
		46	=92

=92   =92   =92

Square #2  
The sum of each row is 41.

10	8		=41
12		16	=41
			=41

=41   =41   =41

Square #3  
The sum of each row is 73.

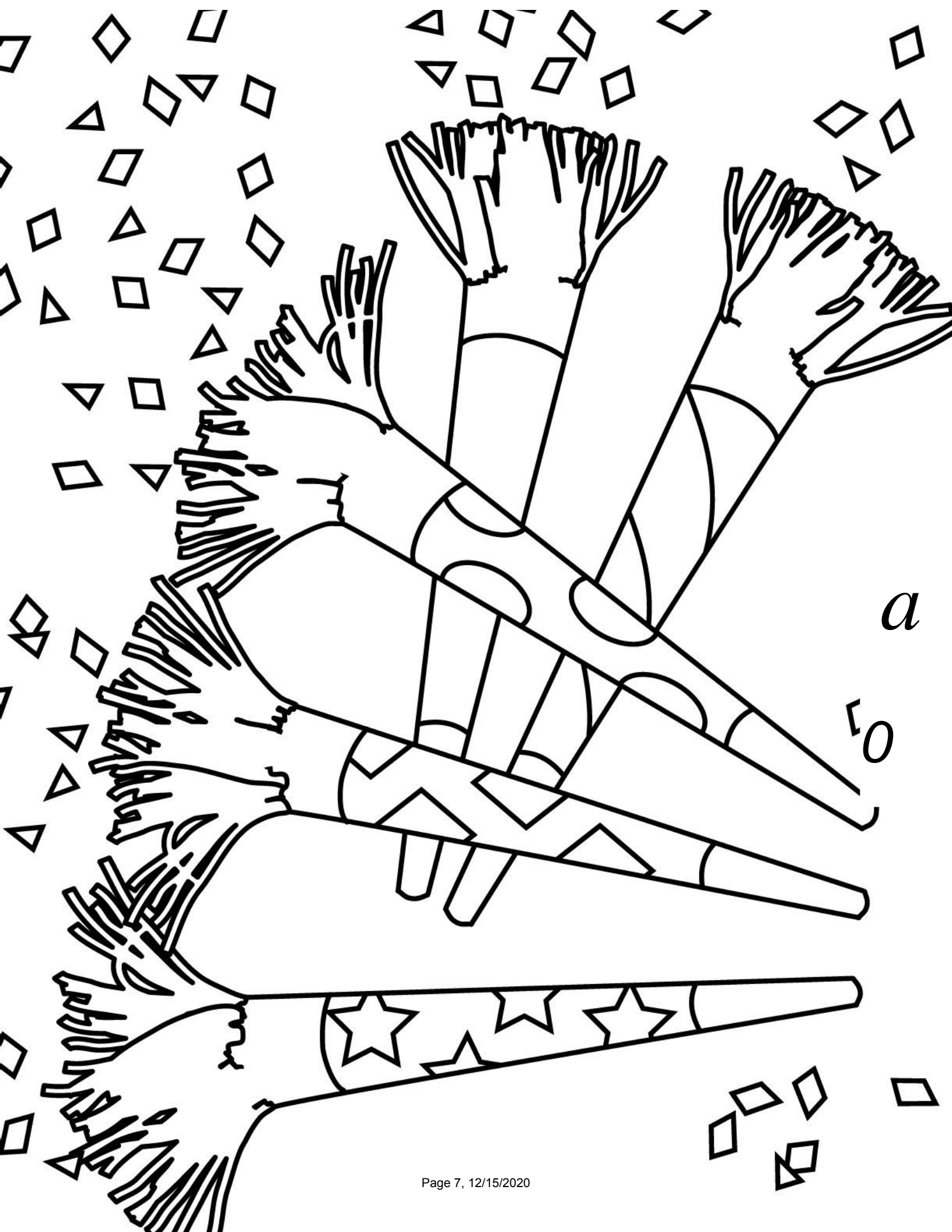
		16	=73
	18		=73
25		31	=73

=73   =73   =73

Square #4  
The sum of each row is 38.

		18	=38
	12	7	=38
5			=38

=38   =38   =38



*a*

to



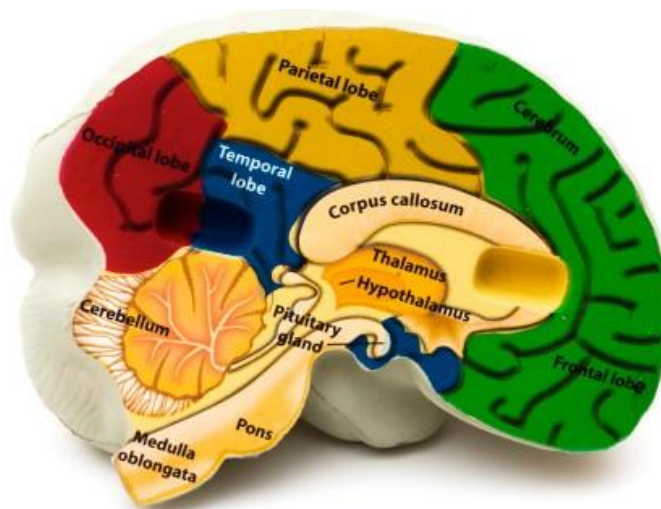
# Mental Rotation Exercise

Dr. Rob Winningham

## Mental Rotation Activity Explained

Mental rotation exercises were inspired by the classic work done by Roger Shepard and Jacqueline Metzler in 1972. In 1982, Shepard and Lynn Cooper reported that the number of degrees an image is rotated is related to how long it takes to complete the activity, which indicates that people are actually rotating it in their minds. In a subsequent study, it was found that mentally rotating objects primarily involves the use of the right **parietal lobe** as well as the **occipital lobes**.

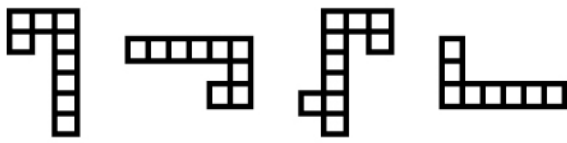
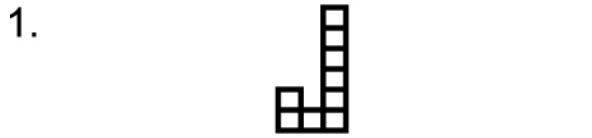
Mental rotation activities exercise our visual-spatial abilities. We use these skills many times every day—from solving a jigsaw puzzle to finding our way around the house. Mental rotation puzzles exercise our ability to recognize objects in relationship to other objects.



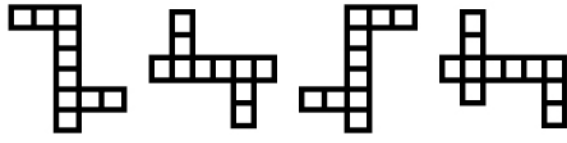
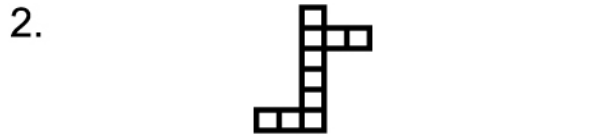
# Mental Rotation Exercise

Which of the shapes below the line is a **rotated** image of the shape above the line? Mirrored or similar images do not count.

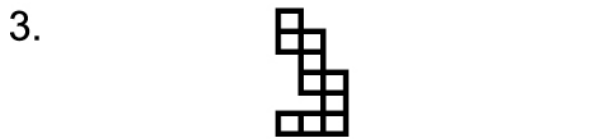
**Tip:** Try to use the process of elimination to narrow down your options.



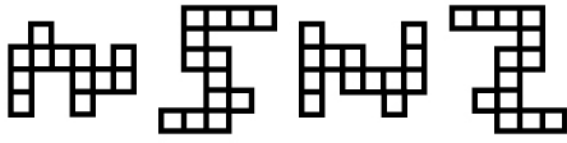
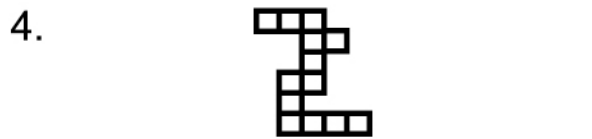
A B C D



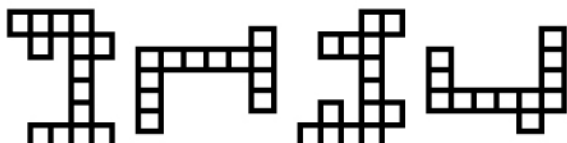
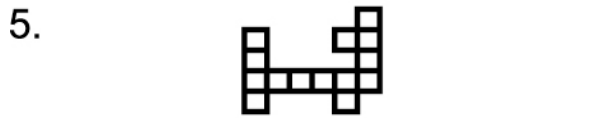
A B C D



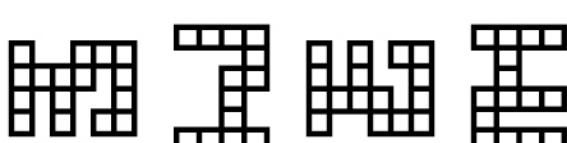
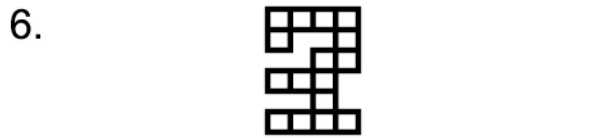
A B C D



A B C D



A B C D



A B C D

# Mixed-Up New Year's Day

Unscramble the letters to reveal words associated with New Year's Day.

1. ADR CLEAN

---

2. IUELROOSTN

---

3. ERLTAICENB O

---

4. TDITAIORN

---

5. UWOOTND CN

---

6. ERA APD

---

7. YUJ NRA A

---

8. SIMUC

---

9. AKR SPE RL

---

10. ONITNIV AIT

---

11. SUG OSH AR L

---

12. RTAPY

---

13. NLS AL OOB

---

14. EET SRRM A

---

15. OTCIFTNE

---

16. NSEOIAKERM

---

17. ENIB NINGG

---

18. LKC OC

---



# Resolution Mining

See how many words you can make with the letters in:

## RESOLUTION

Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

13. \_\_\_\_\_

14. \_\_\_\_\_

15. \_\_\_\_\_

16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

21. \_\_\_\_\_

22. \_\_\_\_\_

23. \_\_\_\_\_

24. \_\_\_\_\_

25. \_\_\_\_\_

26. \_\_\_\_\_

27. \_\_\_\_\_

28. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

31. \_\_\_\_\_

32. \_\_\_\_\_

33. \_\_\_\_\_

34. \_\_\_\_\_

35. \_\_\_\_\_

36. \_\_\_\_\_

37. \_\_\_\_\_

38. \_\_\_\_\_

39. \_\_\_\_\_

40. \_\_\_\_\_

# Concentration Puzzle

(solutions)

Puzzle #1 Out-of-pocket expenses

Puzzle #2 Grin and bear it

Puzzle #3 All hands on deck

Puzzle #4 Ride the gravy train

# Squared Up

(solution)

Square #1  
The sum of  
each row is  
92.

53	17	22	92
20	48	24	92
19	27	46	92
92	92	92	

Square #2  
The sum of  
each row is  
41.

10	8	23	41
12	13	16	41
19	20	2	41
41	41	41	

Square #3  
The sum of  
each row is  
73.

19	38	16	73
29	18	26	73
25	17	31	73
73	73	73	

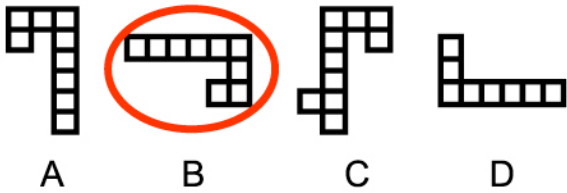
Square #4  
The sum of  
each row is  
38.

14	6	18	38
19	12	7	38
5	20	13	38
38	38	38	

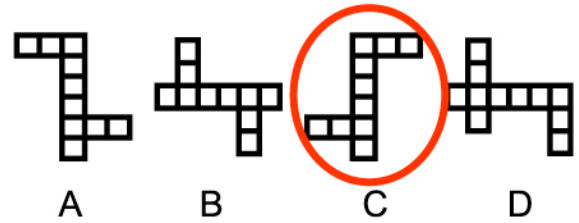
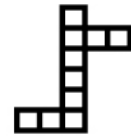
# Mental Rotation Exercise

(solutions)

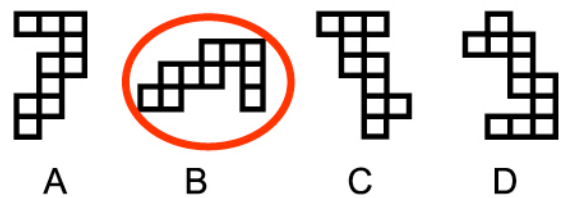
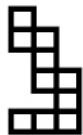
1.



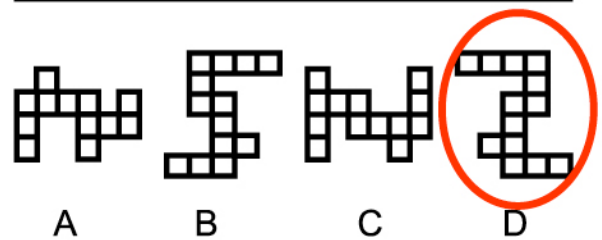
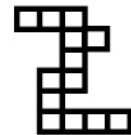
2.



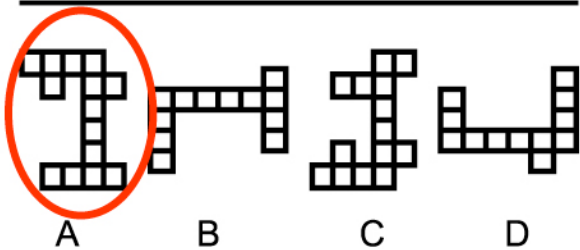
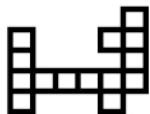
3.



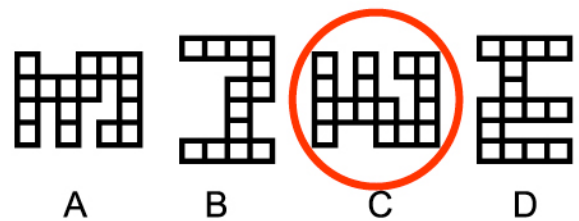
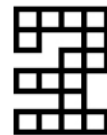
4.



5.



6.



# Mixed-Up New Year's Day

(solution)

1. calendar
2. resolution
3. celebration
4. tradition
5. countdown
6. parade
7. January
8. music
9. sparkler
10. invitation
11. hourglass
12. party
13. balloons
14. streamer
15. confetti
16. noisemaker
17. beginning
18. clock