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[Alzheimer's: Managing Sleep Problems](#)

Sleeping can be a problem for most older adults, but sleeping problems and Alzheimer's disease often go hand in hand. The Mayo Clinic's article [Alzheimer's Managing Sleep Problems](#) provides information to help understand why sleep problems are so common, and how to promote a good night's sleep.

Mayo Clinic Health Information's award-winning consumer [Healthy Lifestyle website](#) offers health information, and self-improvement and disease management tools. MayoClinic.com's medical experts and editorial professionals bring you access to the knowledge and experience of Mayo Clinic for all of your consumer health information needs, from cancer, diabetes and heart disease to nutrition, exercise and pregnancy.

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