

Ageing Well Public Talk Series 2024/25

Talk 7. *Sleep, the Ageing Brain and Maintenance Cognitive Therapy*

- **Dr Jill McGarry - Consultant Clinical Psychologist**
- **Rachel Turner - Memory Services Coordinator Age UK, Milton Keynes**
- **19th March 2025**

Slide 3: *Sleep, the Ageing Brain, and Maintenance Cognitive Therapy*

Image: Pillow with "Sleep Better Doctor" text.

Dr. Jill McGarry

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Slide 4:

Image: Sun rising over snow-topped mountains.

Don't just rise in the morning. Shine throughout the day.

Slide 5: Long term effects of poor sleep

Image 1: Silhouette of a fire fighter.

Image 2: A heartbeat electrocardiogram.

Fatalities & mistakes

- Major incidents including Chernobyl

Health implications

- Five Main areas

Slide 6: How much is good and bad?

Icon: A puzzle piece.

- Last piece of our ancient body puzzle

Icon: A skull.

- Can't survive without it - FFI, Thatcher Hitler AND GBR,

Icon: A clock.

- Sleepy or fatigued / 6 to 9 hrs / 25hr clock

Icon: Triangle with exclamation mark inside.

- INSOMNIA & ORTHOSOMNIA

Icon: A bed.

- A TWEEK TO INCREASE BENEFITS
- REPAYING SLEEP DEBT

Slide 7:

Centre of the mind map: How sleep impacts YOUR BRAIN.

Icon 1: A document.

- Organise new information.

Icon 2: Mountains.

- Solidifies your memories.

Icon 3: A lightbulb.

- Leads to more creative thinking.

Icon 4: Scientific beaker.

- Clears out harmful toxins.

Icon 5: Knife and fork.

- Regulates your appetite.

Icon 6: An eye.

- Keeps your body looking good.

Icon 7: Two Cogs.

- More efficient thought processes.

Slide 8:

5 stages - every 90 to 120 mins

- Frontal lobe
- Part A
- Part B - redline

Sleep Cycles Graph: x axis = hours of sleep, y axis = stages of sleep.

Slide 9:

Sleep hygiene - It's like hand or dental hygiene. Ancient bodies in invented world.

4 areas

Image: A campfire on a beach.

Slide 10:

As we age...

- Only need on average 6 to 5.5hrs with lower amounts of REM sleep
- Sleep gets lighter / easily disturbed
- Shifting between the stages is harder
- Problems with retaining / maintaining sleep / minimum sleep drive towards the end of the night
- Bladder issues
- Catch the next dip – 45 mins
- Retirement - boredom/ isolation/ self esteem/ napping
- Physical health issues – pain , anxiety and depression
- Bereavement – social, financial, psychological / emotional issues
- Memory problems
- AVOID NAPS, KEEP PHYSICAL & SOCIAL, GET DAY LIGHT, EAT WELL

Slide 11: Sleep apnea – STOP BANG

- S - Snoring
- T - Tired
- O - Overweight
- P - high blood Pressure
- B - Breathing
- A - Age (over fifty)
- N - Neck size

- G - Gender = male

Score of 5 is high risk, 3 & 4 medium risk

Slide 12: Taking a nap

- Nappers
- Planned/ habitual and if emergency short
- 2 timings only
- Early
- Nappochino

Image: A woman taking a nap on a sofa.

Slide 13: Arousal curve & yawn effect

Graph: x axis = Time, 0-90 minutes, y axis = alertness.

- First 45 minutes – optimal time to get up
- Last 45 minutes - optimal time to go to bed

Slide 14:

5 pillar / pillows of sleep

Image: A stack of 4 pillows.

Slide 15:

Sleep Better Doctor

Dr Jill McGarry

Consultant Clinical Psychologist

Where to get help -

Free 15 mins consultation -

LinkedIn – DR Jill McGarry

0 77 680 680 70

info@sleepbetterdoctor.co.uk

FREE 15mins phone consult – Thurs AM

Thank you, feedback & questions

Slide 16: COGNITIVE STIMULATION THERAPY AND MAINTENANCE COGNITIVE STIMULATION THERAPY

Rachel Turner, Memory Services Coordinator, Age UK Milton Keynes

Logo: Milton Keynes Age UK

Slide 17: WHAT IS COGNITIVE STIMULATION THERAPY?

- Cognitive stimulation therapy or 'CST' is a group therapy that is used to help strengthen a person's communication skills, thinking and memory.
- Maintenance cognitive stimulation therapy (MCST) groups aim to maintain the benefits that CST groups provide.

Logo: Milton Keynes Age UK

Registered charity 1079773

www.agukmiltonkeynes.org.uk

Slide 18: Who is Cognitive stimulation therapy for?

CST can help people who have a diagnosis of dementia, in the mild to moderate stage.

To really benefit, an individual should have:

- Good eyesight
- Good hearing
- An understanding of what is going on around them
- A willingness to engage in a small group setting

Slide 19: FIVE PILLARS FOR AGEING WELL

- Nutrition
- Hydration
- Physical Activity
- Cognitive Stimulation
- Social Stimulation

Slide 20: How does CST work?

- Small structured group activities which stimulate different cognitive domains such as memory or language
- A typical CST session lasts for an hour and may involve news discussion, music and tasks such as categorising objects, word and number games, or comparison of faces and scenes
- MCST like CST, aims to help slow down cognitive decline. The aims of the sessions are the same as CST but generally run for longer

Slide 21: How long does CST take?

- CST usually runs for 14 sessions, generally twice a week
- MCST follows a 24-week course, but can be offered on a longer-term basis
- Age UK Milton Keynes) Podcast month courses of MCST

Slide 22: What are the benefits of CST & MCST

- Improving confidence, and the way you feel about yourself
- Improving communication skills
- Giving you ideas about how you can stay physically and mentally active
- Improving cognitive functioning, including memory and language skills
- Giving you an opportunity to socialise and share with people in a similar situation
- Improving your mood and quality of life

Slide 23: What are the possible limitations of CST?

CST is usually offered in groups and follows a set programme. While adapted to the needs of people taking part, it may not suit everyone's taste.

Slide 24: TYPICAL MCST SESSION

Image: Side profile of a head with cogs inside.

Slide 25:

Table contents:

Column 1, Word One, Four:

- Fast
- Rugs
- Snow
- Bridge

- Ladder
- Anger
- Camera
- Nose
- June
- Dickie Bow
- Guitar
- Connect 4
- Long Jump

Column 2, Word two, Nine:

- Slow
- Curtains
- Ice
- Poker Stairs
- Frustration
- Telescope
- Eyes
- July
- Tie
- Banjo
- Scrabble
- Javelin

Column 3, Common Factors, Number. The remaining cells in this row are empty.

Slide 26: ANY QUESTIONS?

For further information go to:-

<https://www.ageuk.org.uk/our-impact/programmes/maintenance-cognitive-stimulation-therapy-mcst/>

[Cognitive stimulation therapy \(CST\) and maintenance cognitive stimulation therapy \(MCST\) | BPS - British Psychological Society](#)

* Sections of text taken from a contribution by Prof Aimee Spector, Professor of Old Age Clinical Psychology, University College London in A guide to psychosocial interventions in early stages of dementia (second edition)

Slide 27: Ageing Well series of Public Talks

- Dr Jitka Vseteckova (pictured), Senior Lecturer, Health and Social Care
- “Being mindful of eating well, hydration, physical activity, learning new things and social connections can delay the decline caused by ageing. Come and join us for the series of public talks with the title Ageing Well”

Slide 28: Summary of related resources to The Ageing Well Public Talk Series

Podcasts

- Vseteckova J & King J (2020) COVID-19 Interview podcast for The Retirement Café: [‘Ageing Well Under Lockdown’](#)
- Vseteckova J & Broad E (2020) Podcast – Open University & The Parks Trust [Keep Me Walking - researching with people living with dementia and their carers](#) –

- Vseteckova J (2020) Podcast - [Areas of research with The Open University](#)
- Broad E, Methley A & Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust - [Spotter sheet and mindful walking](#).
- Vseteckova J, Methley A, Broad E (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Preventing brain decline while ageing](#)

Slide 29:

- Methley A, Broad E, Vseteckova J (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Walking therapy](#)
- Vseteckova J, Methley A, Broad (2021) Podcast OU & The Parks Trust & Northamptonshire Healthcare NHS Foundation Trust [Understanding our memory](#)
- Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)
- The above podcasts can be also seen on [The Parks Trust YouTube Channel](#)

Slide 30:

- Vseteckova J & Grimes C (2024) [Six ways to look after your brain health in your 20s and 30s](#)
- Vseteckova J (2020)[Ageing Well Public Talks Series](#)
- Vseteckova J (2019)[5 reasons why exercising outdoors is great for people who have dementia](#)
- Vseteckova J (2019) [Depression, mood and exercise](#)
- Vseteckova J (2019) [Five Pillars for Ageing Well](#)
- Vseteckova J (2020) [Ageing Brain](#)

Slide 31:

- Methley A & Vseteckova J & Jones K (2020) [Green & Blue & Outdoor spaces](#)
- Vseteckova J, Borgstrom E, Whitehouse A, Kent A, Hart A (2021) [Advance Care Planning \(ACP\)](#)
- Vseteckova J (2020) [Walking the Parks with The OU and The Parks Trust](#)
- Vseteckova J, Methley A, Broad E (2021) [Understanding our memory](#)
- Araya Y , Broad E, Vseteckova J (2022) [Engaging with our environment](#)

Slide 32:

- Hedges V & Vseteckova J (2023) [What should I expect when I am nearing the end of my life?](#)
- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of self during aging: how mindfulness and nature can help](#)
- Mehta S, Vseteckova J (2023) [Ageing, health inequalities and person centred care](#)
- Mehta S, Vseteckova J (2023) [Ageing, health inequalities and integrated approach to care](#)
- Araya Y, Broad E, Vseteckova J (2023) [Ageing well by connecting and learning about nature outdoors](#)

Slide 33:

- Vseteckova J (2022) [Pharmacotherapy while ageing](#)

- Joannidi H, Araya Y, Broad E & Vseteckova J (2022) [Sense of Self during ageing – how mindfulness and nature can help](#)
- Mehta S (2022) [Medicines and personalisation while ageing](#)
- Gale B (2022) [How can we prepare for death while ageing?](#)
- Gale B (2022) [Valuing death at home: making preparations](#)

Slide 34: Care and caring related

- Vseteckova J, (2020) [How to age well, while self-isolating](#)
- Vseteckova J, (2020) [SHORT FILM - Ageing Well in Self-Isolation](#)
- Vseteckova J, (2020) [ANIMATION - Keeping healthy in Self-Isolation](#)
- Vseteckova J et al (2020)
- [COVID-19 The effects of self-isolation and lack of physical activity on carers](#)
- Taverner P, Larkin M, Vseteckova J, et al. (2020) [Supporting adult carers during COVID-19 pandemic](#)

Slide 35:

- Robb M, Penson M, Vseteckova J, et al. (2020) [Young carers, COVID-19 and physical activity](#)
- Penson M, Vseteckova J et al. (2020) [Older Carers, COVID-19 and Physical Activity](#)
- Vseteckova J & Methley A (2020) [Acceptance Commitment Therapy \(ACT\) to help carers in challenging COVID-19 times](#)

Slide 36:

- [AGEING WELL PUBLIC TALK SERIES WEBSITE](#)
- [Ageing Well Public Talks' Series 2023/2024](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2022/2023](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2021/2022](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2020/2021](#) repository on ORDO Collections
- ['Ageing Well Public Talks' Series 2019/2020](#) repository on ORDO Collections
- [Midlife MOT OpenLearn Course](#)
- [OpenLearnCreate Course on 'Ageing Well' 2019/2020](#)
- [Home exercise no equipment – no problem](#) *Blog*