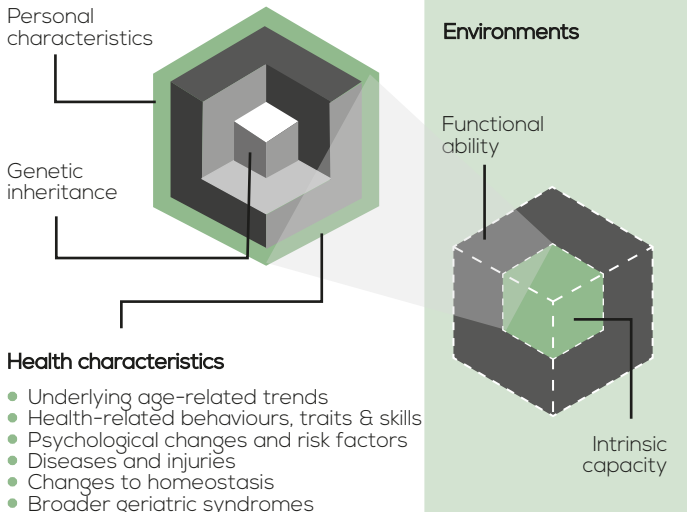
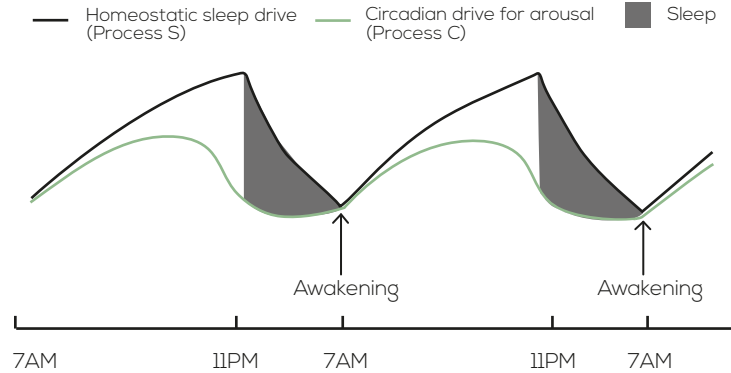


HEALTHY AGEING AND SLEEP

FUNCTIONAL ABILITY, INTRINSIC CAPACITY AND ENVIRONMENT (WHO, 2015)

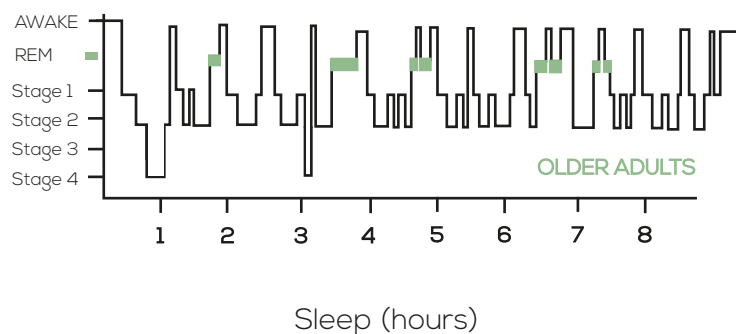
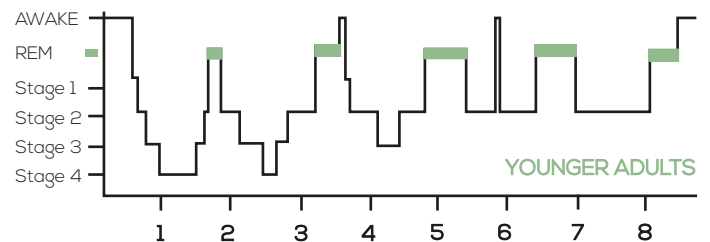


THE TWO-PROCESS MODEL OF SLEEP REGULATION (BORBÉLY, 1982)



STAGES OF SLEEP IN ONE SLEEP CYCLE: NREM (WITH STAGES 1, 2, 3 AND 4); AND REM SLEEP

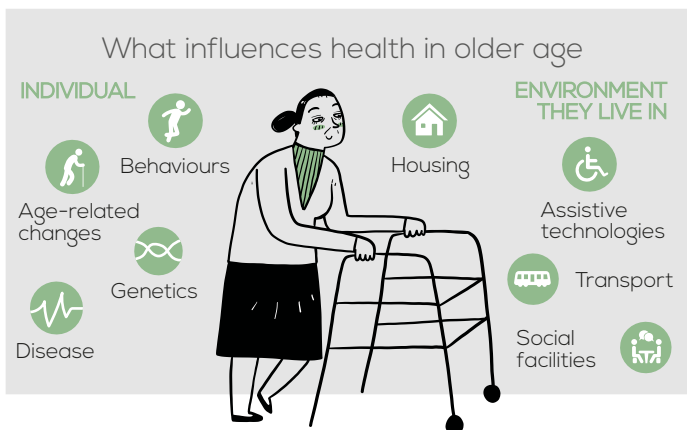
Sleep across the lifespan
(based on Rechtschaffen and Kales, 1968)



“Healthy ageing... being able to do things we value for as long as possible. #years4head

- WHO, 2020 -

AGEING AND HEALTH (WHO 2015)



THE EVOLUTION OF VISIONS ON HEALTH AND AGEING

DEFINITION OF HEALTH (WHO, 1948)

ACTIVE AGEING (WHO, 2002)

NEW VISION ON HEALTH (HUBER, 2011)

POSITIVE HEALTH (IPH, 2011)

HEALTHY AGEING (WHO, 2015)

DECADE OF HEALTHY AGEING '20 -'30 (WHO, 2020)

BRONNEN:
WHO (2020). Ageing: Healthy ageing and functional ability; WHO(2018). Ageing and health; Borbély (1982); Rechtschaffen and Kales (1968); Vanderlinden et al., 2021.