

# Aging with Muscular Dystrophy and Sleep Problems

By researchers at the University of Washington's Aging Rehabilitation Research and Training

to interventions and solutions that actually work. In future columns, we will discuss each of the four sleep problem categories in depth and list strategies and solutions for dealing with them. Working closely with your local doctor and better understanding the cause of your sleep problems may lead to better treatments and strategies to more restful sleep. Each of the categories above has their own set of management solutions that can help you to get better sleep. We will address several of these strategies in future columns and welcome your feedback on how to sleep more soundly.

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