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15-feb-2013 - Esplora la bacheca "Sobriety in small doses" di saimonweb su Pinterest. Visualizza altre idee su Alcol, Bacardi cocktail, Drink di natale.

Despite the stereotype of older adults primarily abusing alcohol, clinical practice insights indicate that the baby-boom generation frequently abuses the same substances as younger adults-including alcohol, benzodiazepines/z-drugs, cannabis, opioids, tobacco (nicotine), and neurostimulants. Old and High exposes this hidden epidemic and emphasizes the importance of understanding psychotropic substance abuse as a community health problem. Further, the book identifies the unique cultural values, social values, and risks that baby-boom adults have with respect to substance abuse and misuse to give students and clinical professionals in psychology, social work, gerontology, nursing, and medicine a foundation for working with this population. Readers will learn how to integrate current neuroscience findings with contemporary psychotherapy techniques and harm-reduction interventions to help older adults achieve successful recovery from substance abuse problems. Considering that we will likely observe an increase in rates of substance abuse as the baby-boom generation continues to age-and live longer than previous groups-there will be a major need to better understand the unique risk factors and treatment approaches for working with older adults.

Orari sfasati, smarphone accanto al letto, «demonizzazione» del sonnello. . . Di cambiamento in cambiamento, nel corso di pochi decenni abbiamo drasticamente variato tutte le nostre abitudini. E non c'è da stupirsi se, insieme alla vita sociale, anche il sonno ha subito delle alterazioni significative, fino a diventare un vero e proprio problema sociale. Nel mondo occidentale più di metà popolazione soffre di disturbi del sonno. Le prime ricerche sul sonno risalgono agli anni Cinquanta, quando si è potuto misurare per la prima volta l'attività elettrica del cervello durante il sonno. Ma è solo negli ultimi decenni che si è affermata l'idea che il sonno non sia affatto uno stato passivo dell'individuo, bensì una parte indispensabile della giornata, quella in cui si sedimentano le informazioni acquisite e si attivano i processi rigenerativi del cervello. Per poter ottimizzare tutti i benefici del sonno, è però fondamentale conoscere bene la propria «cronobiologia»: l'interazione del ritmo sonno/veglia con gli altri ritmi biologici, tenendo presente che questa cambia con il passare degli anni. Il sonno felice mostra a ogni lettore quali sono gli elementi significativi per poter cambiare le proprie abitudini e adottare lo stile di vita giusto per dormire bene e di conseguenza vivere meglio.

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