Sounder Sleep
Learning objectives

Sounder Sleep

• **Discuss** the importance of sleep
• **Analyze** the effects of sleep deprivation
• **Review** common sleep disorders
• **Learn** ways to improve your sleep
On average, how many hours of sleep are you getting?

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<tbody>
<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
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<tr>
<td>1-3 hours</td>
<td>4-6 hours</td>
<td>7-9 hours</td>
<td>9-10 hours</td>
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Sleep plays a vital role in good health and wellbeing throughout your life!
How much sleep do I need?

Recommended amount of sleep by age

Newborns: 16-18 hours a day
Preschool-aged children: 11-12 hours a day
School-aged children: At least 10 hours a day
Teens: 9-10 hours a day
Adults (including the elderly): 7-8 hours a day
Do you prioritize sleep?

Sleep can seem insignificant in comparison to other competing demands.
Learn to manage your time: prioritize rest

Planning your time

- Set realistic goals
- Establish your priorities and create a to-do list
- Develop a daily routine
- Prepare a weekly schedule or plan for each day
- Schedule your work to fit with your energy levels
- Get organized
- Plan your goals for each day the night before

Know your limits

- Understand your responsibilities
- Realize your true capacity
- Ask for help when needed
- Establish a time of day that you seize activity prior to bedtime
More than 1/4 of the U.S. population report occasionally not getting enough sleep
Sleep and healthy brain function

Good Sleep

- Helps your brain work properly
- Improves learning
- Helps you pay attention and make decisions
- Increases creativity

Insufficient Sleep

- Alters activity in some parts of the brain
- Results in difficulty making decisions
- Reflects in difficulty solving problems

Brain pathways link sleep to learning, emotional responses and perception of emotions in others.
Sleep and emotional well-being

**Good Sleep**
- Helps us recover from stresses of everyday life
- Maintains mood
- Increases overall energy

**Insufficient Sleep**
- Linked to depression, suicide and risk-taking behavior
- Feel angry and impulsive
- Increased mood swings and irritability
- May reflect in a lack of motivation
- Difficulty in coping with change
Sleep and physical health

Good Sleep
- Heals and repairs heart and blood vessels
- Maintains a healthy balance of hormones
- Supports healthy growth and development
- Strengthens immune system

Insufficient Sleep
- Increases your risk for
  - Diabetes
  - Cardiovascular disease
  - Obesity
  - Cancer
  - Stroke
- Lowers ability to fight common infections
Sleep and safety

**Good Sleep**
- Raises overall function throughout the day
- Increases productivity at work and school

**Insufficient Sleep**
- May take longer to finish tasks and make more mistakes
- May lead to micro sleep
- Responsible for motor vehicle and machinery-related crashes
- Impairs alertness
- Slows reaction time

5,000-6,000 fatal crashes each year may be caused by drowsy drivers
Effect of sleep deprivation

- Irritability
- Cognitive impairment
- Memory lapses or loss
- Impaired moral judgement
- Severe yawning
- Hallucinations
- Symptoms similar to ADHD
- Impaired immune system
- Risk of diabetes Type 2

- Increased heart rate variability
- Risk of heart disease
- Increased reaction time
- Decreased accuracy
- Tremors
- Aches

Other:
- Growth suppression
- Risk of obesity
- Decreased temperature

http://irp.nih.gov/catalyst/v22i5/sleep-perchance-to-research
Sleep cycle overview

1. Interim between consciousness and sleep

2. Heart rate slows, brain does less complicated tasks

3. Body makes repairs

4. (3, 2) Body temperature and blood pressure decrease

5. REM Increase in eye movement, heart rate, breathing, blood pressure and temperature

Move to Stage 2 after 5-15 minutes

After another 15 minutes, move into non-REM sleep, the Delta stage

Move into REM sleep approximately 90 minutes after first feeling sleepy.
Your body clock and sleep

The body’s biological clock, or 24 hour cycle (circadian rhythm) can be affected by light or darkness.

**Controls functions:**

- Sleeping and walking
- Body temperature
- The balance of body fluids
- Other body functions

**Body clock sleep problems have been linked to a hormone called melatonin and may be related to:**

- Jet lag
- Changing your sleep schedule
- Your sleep environment
- Illness
- After effects of drugs and alcohol
Key sleep disorders

**Insomnia** – Inability to initiate or maintain sleep

**Restless legs syndrome (RLS)** – Unpleasant “creeping” sensation, associated with aches and pains throughout the legs

If you, or someone you know, is experiencing any of these, it is important to receive an evaluation by a healthcare provider

**Narcolepsy** – Excessive daytime sleepiness combined with sudden muscle weakness

**Sleep apnea** – Snoring may be a sign of sleep apnea; persons with this make periodic gasping or “snorting” noises, during which their sleep is momentarily interrupted
Talk to your doctor if you have consistent signs of a sleep disorder

<table>
<thead>
<tr>
<th>Takes more than 30 minutes to fall asleep</th>
<th>Awaken several times each night and then have trouble falling back asleep</th>
<th>Awaken too early in the morning</th>
<th>Feel sleepy during the day</th>
</tr>
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<tbody>
<tr>
<td>Take frequent naps</td>
<td>Fall asleep at inappropriate times during the day</td>
<td>Snore loudly, snort, gasp</td>
<td>Make choking sounds, or stop breathing for short periods</td>
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</tbody>
</table>
Tips: Your sleeping area

- Use your bedroom only for sleeping
- Move the TV and radio out of your bedroom
- Try not to use your
  - Computer
  - Smartphone
  - Tablet

Keep your bedroom quiet, dark and cool
Tips: Your evening and bedtime routine

Keep sleep schedule consistent

• Same bedtime
• Same wake times, even on weekends

Having an evening routine

• Take a warm shower or bath
• Listen to soothing music
• Drink a cup of non-caffeinated tea
• Use a sleep mask and earplugs, if light and noise bother you
• Try to not use technology devices during the hours before bedtime
Tips: Your activities during the day

- Limit caffeine
- Exercise, but not within 3 to 4 hours of your bedtime because it may be harder to fall asleep.
- Get outside during daylight hours. Spending time in sunlight helps to reset your body’s sleep and wake cycles.

Before Bedtime

- Eliminate caffeine at least 4-6 hours before bedtime
- Don’t drink alcohol
- Don’t smoke or use tobacco
- Don’t take medicine that may keep you awake, hyper or energized

If you can’t sleep because you are in great pain or have an injury, or you often feel anxious at night, or you often have bad dreams or nightmares, talk with your doctor.
What should I do if I can’t sleep?

Before visiting your physician, keep a diary of your sleep habits for about 10 days

Include the following:

• Go to bed
• Go to sleep
• Wake up
• Get out of bed
• Take naps
• Exercise
• Alcohol consumed
• Caffeinated beverages consumed
Summary

Importance of sleep

Sleep deprivation risks

Common sleep disorders

Ways to improve sleep
Visit MyActiveHealth today!

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Thank you!