



**Black&McDonald**



LET'S SLEEP ON IT:  
DEVELOPING A HEALTHY SLEEP PATTERN



## SESSION OBJECTIVES

- Describe the importance of sleep and its impact when the body is deprived.
- Discuss the types and stages of sleep.
- Discuss the aspects of shift work sleep disorder.
- Identify actions that sabotage your sleep.
- Apply tips to ensure a better night's sleep.



*“Sleep is the best meditation.”*

~ Dalai Lama



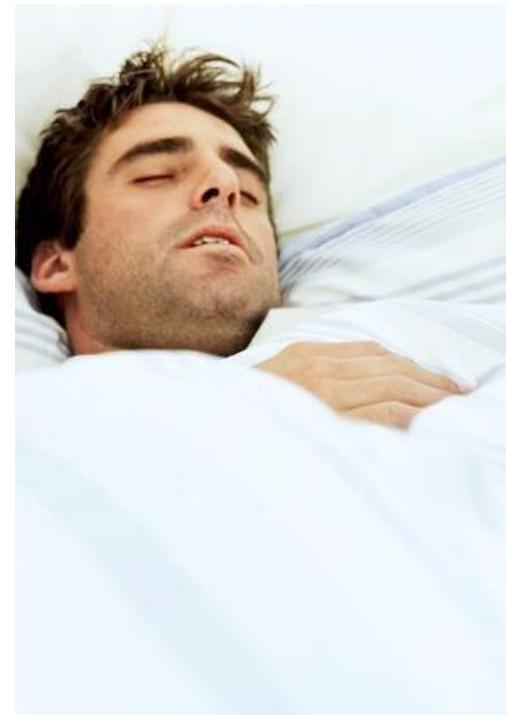
# TYPES AND STAGES OF SLEEP

## Types of Sleep:

1. REM sleep (rapid eye movement)
2. Non-REM sleep

## Stages of non-REM sleep:

1. Stage 1
2. Stage 2
3. Stage 3
4. Stage 4



# WHY IS SLEEP SO IMPORTANT?

We spend 1/3 of our lives in a state of unconscious sleep.

Sleeping is good for your...

- Learning ability
- Memory
- Metabolism
- Emotions
- Heart
- Immune System
- Restoration

(Saving energy, healing wounds, building new blood cells)



## SURVEY

How many hours of sleep do you usually get per night?

- A. 4 - 6 hours
- B. 6 - 8 hours
- C. 8 - 10 hours
- D. Less than 4 hours





## DO YOU GET ENOUGH SLEEP?

We need, on average, between 7 - 8 hours of sleep each night

- People who sleep 7 - 8 hours tend to live longer

If less than 7 hours sleep:

- Weight gain
- Poorer concentration
- Lowered immune system





## SLEEP PROBLEMS

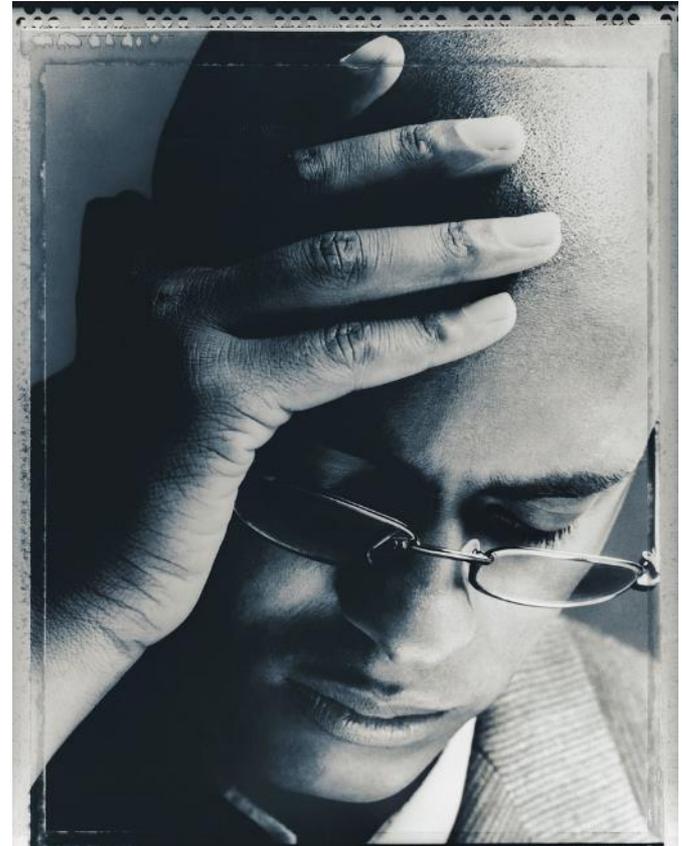
**50 - 70 million**

The number of US adults who experience sleep or wakefulness disorders



# WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP

- Depressed immune system
- Lapse of attention
- Slow thinking
- Irritability
- Poor memory
- Poor judgment
- Anxiety and depression
- Increase in accidents
- Decrease in work performance





## SHIFT WORK SLEEP DISORDER (SWSD)

Circadian rhythm sleep disorder.

Symptoms include:

- Insomnia
- Excessive sleepiness

Affects people whose work schedule falls during the normal sleep hours.

Total sleep time is reduced by several hours.





## SHIFT WORK SLEEP DISORDER (SWSD)

### Results in:

- Irritability
- Napping
- Mental impairment
- Reduced performance
- Increased accidents

### Treatment:

- Bright light treatment
- Melatonin treatment
- Medications for alertness
- Medications for daytime sleep



## TIPS FOR IMPROVING SWSD

- Avoid all types of stimulants before bedtime
- Create an environment conducive to sleep
  - Turn off the phone
  - Hang room darkening shades on the windows
  - Utilize an eye mask
  - Close the door
- Take a quick nap before starting your shift
- Stick to the routine
- Engage in healthy lifestyle choices





# 10 STEPS TO BETTER SLEEP





## 1. STICK TO A SLEEP SCHEDULE

Go to bed and wake up at the same time – even on weekends/days off

- Reinforces your body's sleep-wake cycle
- Helps you to fall asleep faster





## 2. CREATE AN ENVIRONMENT FOR SLEEP

- Calming room
- Eliminate TV, computer, electronic devices
- Quiet room - wear ear plugs if needed
- Dark - blackout curtains or eye covers
- Cool and comfortable



### 3. SLEEP COMFORTABLY

Choose a comfortable mattress and pillow

- This is different for everyone
- If you share your bed, make sure that you have enough room
- Keep children and pets out of your bed if possible



## 4. START A BEDTIME ROUTINE

Do the same things each night to let your body know to relax for sleep

- Take a warm bath
- Read a book
- Listen to soft music



## 5. LIMIT EATING AND DRINKING

Stop eating two hours before sleeping

- Avoid spicy foods if prone to heartburn

Limit amounts of fluids you drink before bed

- Decreases trips to the restroom during the night



## 6. AVOID NICOTINE, CAFFEINE AND ALCOHOL

These are stimulants that can keep you awake

- Smoking is a stimulant
- Avoid caffeine for eight hours before bedtime
- Alcohol actually disrupts sleep patterns



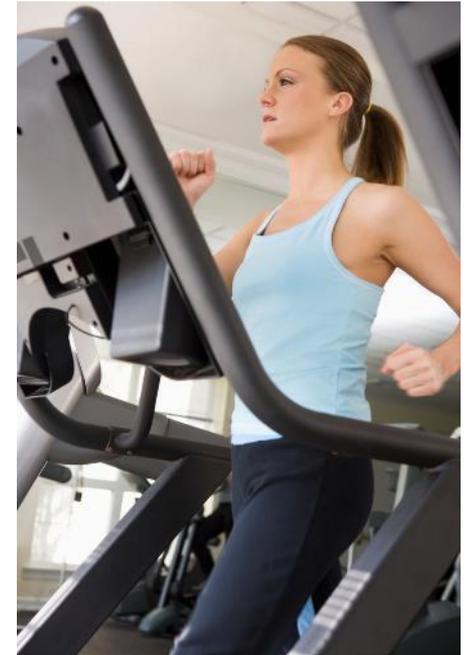


## 7. EXERCISE



Regular physical activity can help you fall asleep at night

- Do not exercise within three hours of bedtime



## 8. NAPPING

Long daytime naps steal hours from nighttime sleep

- Limit daytime sleep to 20-30 minutes
- Nap prior to 3 pm



## 9. GO TO BED TIRED

Go to bed tired and turn out the lights

- If you don't fall asleep within 15-20 minutes, get up and do something else
- Return to bed when you are tired
- Don't stress about falling asleep



## 10. LIMIT USE OF SLEEPING AIDS

Use sleeping aids only as a last resort

- Always check with your doctor before starting sleeping medications
- Communicate with your doctor about how the medications make you feel





## SLEEP MYTHS

1. Getting just one hour less sleep per night, than needed, will not have any effect on your daytime functioning
2. Your body adjusts quickly to different sleep schedules
3. People need less sleep as they get older
4. You can make up for lost sleep during the week by sleeping more on the weekends

Source: [http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf)





## SLEEP MYTHS CONT'D

5. Naps are a waste of time
6. Snoring is a normal part of sleep
7. The main cause of insomnia is worry

Source: [http://www.nhlbi.nih.gov/health/public/sleep/healthy\\_sleep.pdf](http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf)





## DOES YOUR SLEEP DEPRIVATION AFFECT:

Your health?

Your family?

Your friends?

Your work - productivity?

**ACTION!**

Write down **two things** that you will do differently to ensure a better night's sleep.





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THANK YOU!

Questions?





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