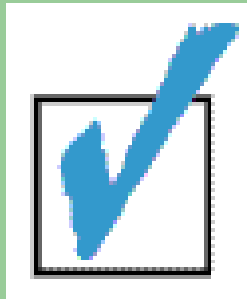


# The Importance of Sleep

*Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy*

Strategies for  
Success in Health  
Management

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# Are You Getting Enough Sleep?

The amount of sleep a person needs depends on many factors, including age. For example, in general:

- Infants require about 14-15 hours a day.
- Teenagers need about 8.5-9.5 hours on average.
- Most adults need 7 to 9 hours a night for the best amount of sleep, although some people may need as few as 6 hours or as many as 10 hours of sleep each day.
- Women in the first 3 months of pregnancy often need several more hours of sleep than usual
- However if you feel drowsy during the day, even during boring activities, you haven't had enough sleep



# What are The Two Forms of Sleep

## **REM sleep**

REM stands for rapid eye movement and is associated with dreaming. It accounts for 25% of normal sleep, coming in longer periods toward morning.

## **Non-REM sleep**

The rest of our sleep time is spent in Non-REM, which consists of four stages from

light sleep (stage 1) to deep sleep (stage 4).

Sleep disorders interfere with normal sleep cycles, preventing a good night's rest.



# What are Bad Sleep Routines

Poor Sleep Hygiene include:

1. Drinking coffee in the afternoon or evening
2. Smoking or eating heavy foods before bed
3. Going to bed at a different time each night
4. Falling asleep with the television or lights on



# Sleep Loss Can Cause the Following

1. Sleep deprivation can lead to serious health problems
2. Lack of sleep may increase risk of death
3. Sleepiness causes accidents
4. Sleep loss dumbs you down
5. Lack of sleep kills sex drive
6. Sleepiness is depressing
7. Lack of sleep ages your skin
8. Sleepiness makes you forgetful
9. Losing sleep can make you gain weight
10. Sleep loss impairs judgment, especially about Sleep



# Lack of Sleep can Lead to Health Problems

Studies suggest sleep disorders contribute to

- Heart Disease
- Obesity
- Diabetes.

Sleep Disorders include:

- Insomnia
- Restless Leg Syndrome
- Sleep Apnea
- Narcolepsy
- Sleep Walking



# Medical Problems Related to Insomnia

Insomnia is often related to medical problems, including:

- Arthritis
- Heartburn
- Chronic pain
- Asthma
- COPD
- Heart failure (due to breathing problems)
- Thyroid problems
- Neurological disorders, such as stroke, Alzheimer's or Parkinson's



## Too little sleep may cause

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- Memory problems
- Depression
- A weakening of immune system, increasing chance of becoming sick
- Increase in perception of pain





# Signs of Drowsiness when Driving

The National Sleep Foundation says you are probably too drowsy to drive safely if you:

- Have trouble keeping your eyes focused
- Can't stop yawning
- Can't remember driving the last few miles
- Are daydreaming and have wandering thoughts
- Have trouble holding your head up
- Are drifting in and out of lanes



# What are some causes of Insomnia

- Stress from either one time event or ongoing
- Depression, anxiety & other mental or emotional conditions.
- Poor sleep habits, such as watching TV in bed or not having a regular bedtime schedule
- Changes in sleep habits or surroundings-includes changes that happen where sleep, such as noise, light, or sleeping in a different bed and also includes changes in sleep pattern, such as having jet lag or working a late shift
- Other health problems: pain, breathing problems & restless leg syndrome
- Stimulants, such as tobacco and caffeine, as well as certain medicines, alcohol & drugs
- Lack of regular exercise



# Steps to take to fall & stay asleep

Biggest problem in falling asleep is not being able to turn the mind off. To turn mind off:

1. Concentrate on something else like counting backwards from 300s by 3
2. Practice Meditation to calm self down
3. Relax, with progressive muscle relaxation, that's where you tense muscles and relax them, from the tip of your head down to the bottom of your toes. Most people don't make it past their midsection, and it really helps relax people and get them to fall asleep by focusing on something different



# What to avoid putting in your body prior to going to bed

Certain foods and drinks should be avoided in the 4-6 hours before bed:

- Caffeine, including coffee, tea, and soda
- Heavy or spicy foods
- Alcohol (While alcohol helps some people fall asleep, it leads to nighttime awakenings.)



# What Electronics to Avoid in Bed

- Late-night television does not help falling asleep sleep. Television engages the mind and can increase alertness, keeping you awake.
- Playing video games before bed or surfing the Internet may have the same effect.
- The National Sleep Foundation recommends removing televisions and computers from your bedroom altogether.



# Sleep Diary To Identify and Address Sleep Disorders

Charting sleep habits for 1-2 weeks & include:

- When you go to bed, fall asleep, and wake
- How long and well you slept
- Time awake during the night
- Caffeine or alcohol consumed and when
- What/when you ate and drank
- Emotion or stress prior to going to be
- Drugs or medications taken and when taken



# Use of Apps To Help Good Sleep

## **CBT-i Coach**

- Includes: Sleep Diary; Updating Sleep Prescription; Self-Assessments. Read more about it at: <https://itunes.apple.com/us/app/cbt-i-coach/id655918660?mt=8>

## **Deep Calm**

- Deep Calm is a customizable sleep and relaxation aid app with nature sound effects and relax melodies. <https://itunes.apple.com/us/app/deep-calm-nature-sounds-sleep/id700689999?mt=8>

## **Dormio**

- Sleep, Nap, Slumber and Drift into Deep REM Dreaming with Sleepy, Mellow Natural Sounds. Read more about it at: <https://itunes.apple.com/us/app/dormio-sleep-nap-slumber-drift/id641430468?mt=8>

## **To bed**

- Based on information about your age and wakeup times, the app reminds you when you should start preparing for hitting the sack. Read more about it at: <https://itunes.apple.com/us/app/to-bed/id681433010?mt=8>

## **White Noise HB Lite**

- Provides ambient sounds of the environment to help falling asleep or relaxing. Read more about it at: <http://itunes.apple.com/us/app/white-noise-lite/id292987597?mt=8>