

Welcome!

Sleep Health

Wellness Training with
Roman and Christina

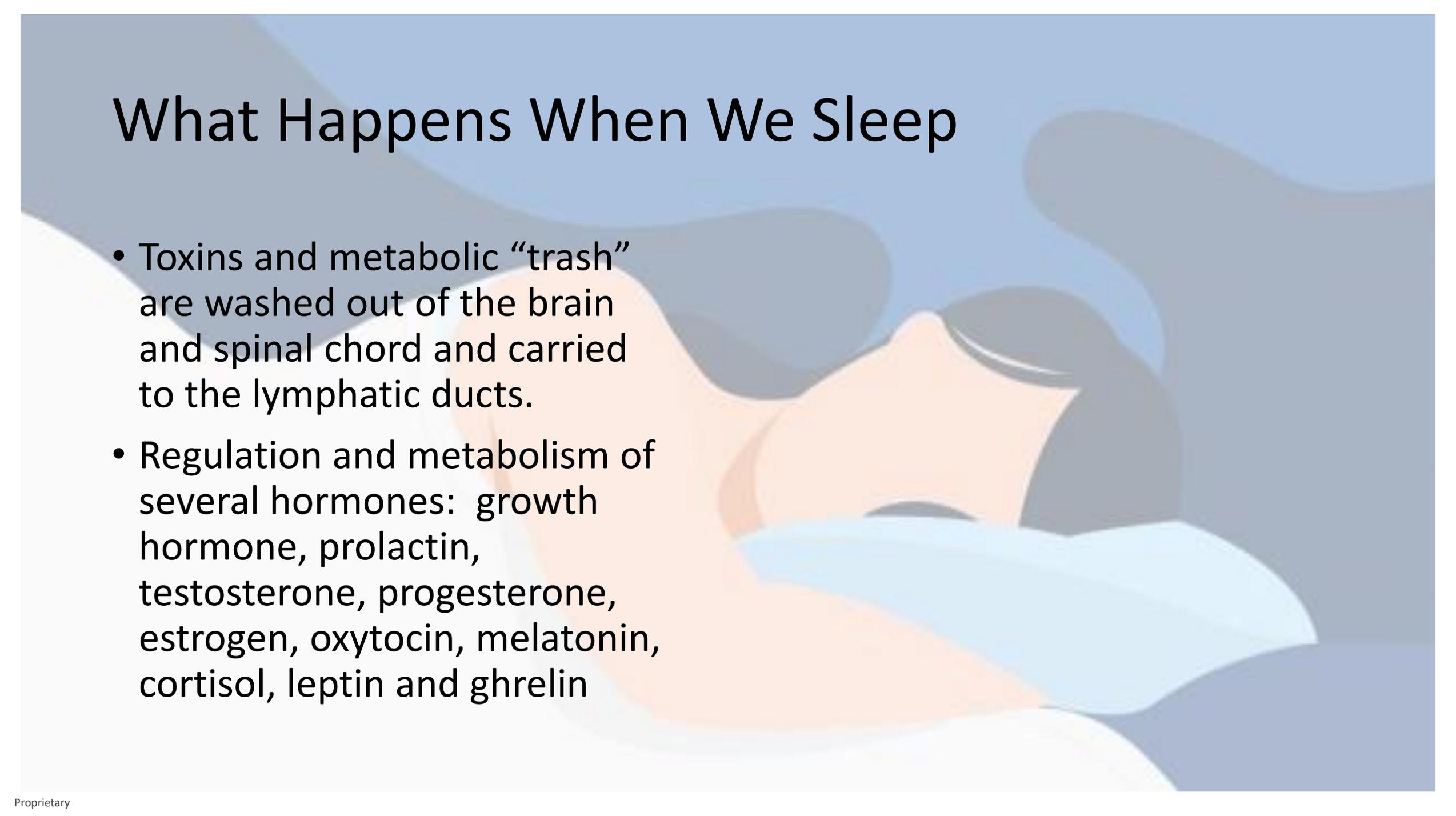


Let's Talk About Sleep!

- What happens when we sleep
- Why is sleep important
- How much sleep do you need
- Tips to get better sleep
- What you can do if you can't sleep



What Happens When We Sleep

A stylized illustration of a person with dark hair sleeping peacefully. The person's face is shown in profile, resting on a light blue pillow. The background consists of soft, abstract shapes in shades of blue and grey, suggesting a calm, nighttime environment.

- Toxins and metabolic “trash” are washed out of the brain and spinal chord and carried to the lymphatic ducts.
- Regulation and metabolism of several hormones: growth hormone, prolactin, testosterone, progesterone, estrogen, oxytocin, melatonin, cortisol, leptin and ghrelin

What Are The Stages of Sleep?



STAGE 1

- non-REM phase
- Eye movements begin to slow down, your muscles relax, and the rate of your heartbeat and breathing decreases
- body temperature will start to decrease
- somnambulism or sleepwalking happens
- 5% of their total sleeping time

STAGE 2

- non-REM sleep
- 55% of a person's total sleeping period
- no eye movements detected, heart rate and breathing decreases further, and muscles relax more

STAGE 3

- the brain activity, through an EEG, shows the delta wave
- body's short-term hibernation period
- no eye movement.
- somnambulism or sleepwalking happens
- 15% of a person's total sleep duration

STAGE 4

- REM or rapid eye movement
- eye movements are rapid
- the heart rate and blood pressure increases
- muscle mobility and body temperature fall further down
- brain activity of a person, as noted in an EEG, increases
- 20 to 25% of total sleep

Why is Sleep Important



- Improves various aspects of brain function
 - Cognition
 - Concentration
 - Productivity
 - Performance
 - Memory and learning
 - Motivation
- Enhances Athletic Performance
 - Motor function
 - Reaction times
 - Muscle recovery
 - Sprint performance
 - Muscle glycogen

Chronic Disease and Sleep

- Poor sleepers have a greater risk of heart disease and stroke
- Sleep affects glucose metabolism and type 2 diabetes risk
- Poor sleep is linked to depression
- Weight gain, what you eat and how much can be affected by sleep
- Poor sleep is linked to increase inflammation

Symptoms of Sleep Deprivation

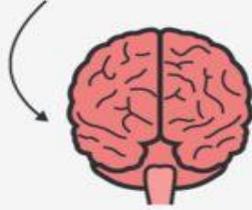


Reduce or Block those Blue Lights!

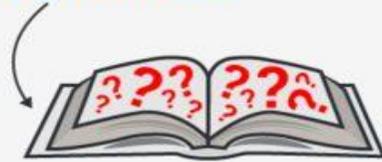
How exposure to **blue light** affects your brain and body

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS**:

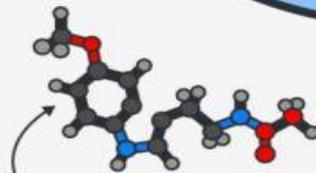
The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

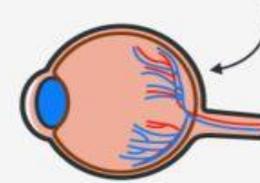


People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.



By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.

There's some evidence that blue light could damage our vision by harming the **RETINA** over time — though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



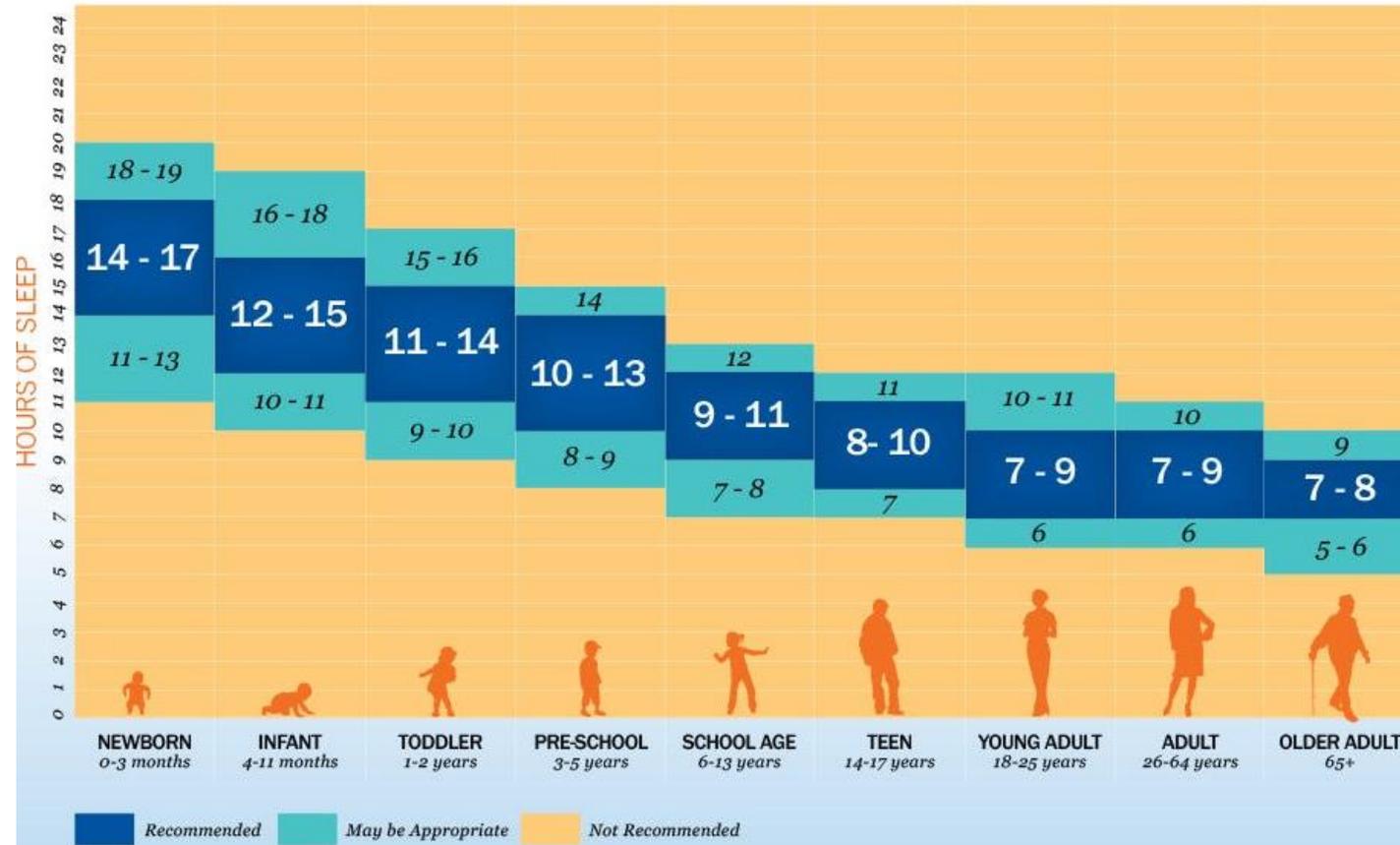
There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



SOURCES: Nature Neuroscience; Harvard Health Publications; ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

TECH INSIDER

SLEEP DURATION RECOMMENDATIONS



How
Much
Sleep Do
You Need?

SLEEPFOUNDATION.ORG | SLEEP.ORG

Tips for Better Sleep

- **Keep in sync with your body's natural sleep-wake cycle**
 - Go to sleep and get up at the same time every day (even on the weekends)
 - Limit naps to 15-20 minutes in the early afternoon
- **Control your exposure to light**
 - Expose yourself to bright sunlight in the morning (the closer to the time you get up the better).
 - Spend more time outside during the daylight by taking work breaks outside in sunlight.
 - Avoid bright screens within 1-2 hours of your bedtime.
 - When it's time to sleep, make sure the room is dark or wear a night eyemask.
 - Keep the lights down if you get up during the night.

Exercise, Eating and Drinking

- **Exercise regularly**

- The more vigorously you exercise, the more powerful the sleep benefits. But even light exercise such as walking for just 10 minutes a day- improves sleep quality.

- **What you eat and drink and when you eat and drink matters**

- Limit caffeine to earlier in the day
- Nicotine is another stimulant that affects sleep, best to quit but limit to earlier in the day if you must
- Avoid Alcohol before bed
- Avoid drinking too many liquids in the evening
- Cut back on sugary foods and refined carbs can trigger wakefulness at night and pull you out of the deep restorative stages of sleep
- Heavy meals should not be eaten within 2 hours of bed but night time snacks can help...



Nighttime snacks help you sleep

For some people, a light snack before bed can help promote sleep. For others, eating before bed leads to indigestion and make sleeping more difficult. If you need a bedtime snack, try:

- Half a turkey sandwich
- A small bowl of whole-grain, low-sugar cereal
- Milk or yogurt
- A banana



Mind and Environment

- **Routines are important**

- Do a similar routine before bed every night

- **Wind down and clear your head**

- Reduce the stress at night examples to release the thoughts: write in a journal, read, dim the lights and listening to soft music or audio book, take a warm bath, or relaxation techniques (meditation, breathing exercises or body scan exercises)

- **Improve your sleep environment**

- Keep the noise down or mask it with fan or sound machine
- Keep your room cool
- Make sure your bed is comfortable
- Lavender essential oil can help
- Sleep in loose breathable clothing
- Don't work, watch tv, or use electronic devices in your bed so that your brain will associate the bedroom with sleep.



Getting Back to Sleep



- **Stay out of your head**

- Stressing over not getting back to sleep will just encourage you to stay awake
- Try breathing exercises or saying or thinking of a single word like “Ahhh” breathe and then repeat

- **Make relaxation your goal, not sleep**

- If it is too hard to get back to sleep try a progressive muscle relaxation or meditation exercise without getting out of bed. It’s not a replacement for sleep but can still rejuvenate the body.

- **Just can’t sleep do a quiet non-stimulating activity**

- Read a book, keep the lights dim and avoid screens as to not cue your body that it is time to wake up

- **Postpone worrying and brainstorming**

- If you awake feeling anxious about something make a brief note of it on paper to worry about it in the morning. Similarly if you come up with a great idea make note of it to continue the thought in the morning.

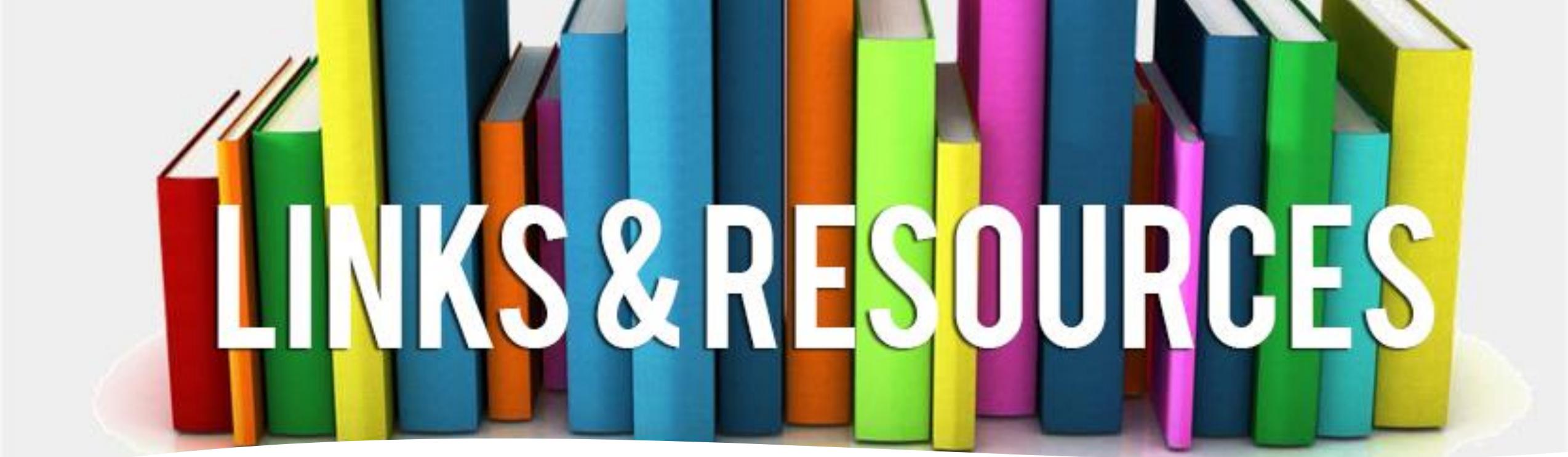
What Should You Do If You Can't Sleep

After trying to adopt healthier sleep habits if you still have trouble sleeping and it interferes with how you feel and function during the day, talk to a doctor.



Before visiting a doctor keep a diary of your sleep habits for 10 days. Include the following in your sleep diary, when you—

Go to bed	Go to sleep	Wake up	Get out of bed	Take naps	Exercise	Drink alcohol	Drink caffeinated beverages	Also, include if any medications or supplements are taken.
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LINKS & RESOURCES

- Centers for Disease Control and Prevention
 - [Basics About Sleep](#)
- National Heart, Lung, and Blood Institute
 - [Sleep Deprivation and Deficiency](#)