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PEHP Health & Benefits
What is Sleep?

A naturally recurring state of mind and body characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings.
A basic necessity of life as important as air, food, and water. Sleep determines if we wake up feeling refreshed and ready to tackle the day. The right amount allows our relationships, productivity, and health to thrive.
Can You Relate?
Sleep Stats

- 74% of adults have trouble sleeping a few nights a week or more

- 30% of employees sleep less than 6 hours a night

- One drowsy driver crashes every 2 minutes = 3-4% of all MVAs

- Fatigued employees cost an employer $2,280 per year
How’s Your Sleep?
**Insomnia Jeopardy**

<table>
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<tr>
<th>Ways in Which People Have Wronged Me</th>
<th>Strange Noises</th>
<th>Diseases I Probably Have</th>
<th>Money Troubles</th>
<th>Why Did I Say/Do That?</th>
<th>Ideas for a Screenplay</th>
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What is Insomnia?

- Difficulty falling or staying asleep
- Waking too early in the morning
Acute Insomnia

- Temporary
- Caused by current life circumstances
- Often resolves itself without treatment
Chronic Insomnia

- Difficulty sleeping 3 or more nights per week for at least 3 months
- May relate to underlying health conditions
- Often requires some form of treatment
I can’t sleep...

would it help if I start calculating the maximum amount of sleep we can get every few minutes?
What is Sleep Apnea?

- Three types: Obstructive, central, or complex
- Pauses or times of shallow breathing during sleep
  - 5-30 times per hour
  - 10 seconds to several minutes long
Obstructive Sleep Apnea

Non-obstructed airway  Obstructed airway
Sleep Apnea

- Many experience symptoms but are undiagnosed and untreated

- Medical treatments are improving

- Lifestyle changes:
  - Weight loss
  - Exercise
  - Side sleeping
  - Avoid alcohol at night
The Sleep Cycle

- Repeated 3-4 times per night, each cycle lasting 90-120 minutes

- All stages needed for different benefits to brain and body
Sleep Cycle

On average, this cycle lasts 90-120 minutes and happens 3-4 times per night. The other stages decrease and the REM cycle increases in length as the night progresses.

- **Stage 1**: Light sleep
- **Stage 2**: Slower heart rate, onset of deeper sleep
- **Stage 3**: Deep sleep begins. If you awaken during this stage, you will be groggy.
- **Stage 4**: Deepest, most restorative sleep. Muscles relax. Tissues & organs repair.
- **Stage 5**: Body is immobile. Brain active, dreams occur. Energy is provided to brain & body to help support you during the day.
Stages of Healthy Sleep

- **Awake**
- **REM**
- **Sleep Stages (1, 2, 3, 4)**

**Hours of Sleep**

0, 1, 2, 3, 4, 5, 6, 7, 8
Rapid Eye Movement (REM) Stage

• No shortcut to REM – The Restoration Phase

• May be the most important sleep phase for:
  • Memory processing
  • Learning
  • Daytime productivity
How Much Sleep Do I Need?

- Sleep experts recommend an average of 7-9 hours per night.
- Some need less.
- Some need as much as 10 hours to feel alert the next day.
SLEEP DURATION RECOMMENDATIONS

- NEWBORN (0-3 months): 18-19 hours
- INFANT (4-11 months): 16-18 hours
- TODDLER (1-2 years): 15-16 hours
- PRE-SCHOOL (3-5 years): 14 hours
- SCHOOL AGE (6-13 years): 12 hours
- TEEN (14-17 years): 11 hours
- YOUNG ADULT (18-25 years): 10-11 hours
- ADULT (26-64 years): 10 hours
- OLDER ADULT (65+): 9 hours

Recommended: Dark blue
May be Appropriate: Light blue
Not Recommended: Orange
Sleep and Health

- Increased sickness
- Amplified depression/negative mood
- Behavioral and relationship problems
- Higher risk of chronic diseases:
  - Hypertension
  - Heart Disease
  - Stroke (increases by 4x)
  - Diabetes
  - Cancer
HOW SLEEP AFFECTS YOUR HEALTH

SLEEP DEPRIVATION

- Impaired Cognition: Lack of sleep impairs memory and your ability to process information.
- Higher Levels of Anxiety: Lack of sleep raises the brain’s anticipatory reactions, increasing overall anxiety levels.
- Stroke Risk: When you sleep 6 hours or less a night, your chance of a stroke increases 4x.
- Increased Risk for Breast Cancer: Melatonin decreases when you are exposed to light late at night. A decrease in melatonin disrupts estrogen production which can lead to breast cancer.
- Increased Risk for Heart Disease: Blood pressure decreases when you sleep.
- Weight Gain: Sleep helps balance hormones that make you feel hungry and full.
Sleep Deprivation

- Anxiety or low mood
- Easily distracted
- Increased accidents
- Lower motivation
- Irritability
- Easily frustrated
- Difficulty solving problems
- Procrastination
AWAKE FOR 18 HOURS = BEING INTOXICATED
Sleep & Managing Weight

7-9 hours helps manage weight

6 hours → 27% greater risk of high weight

5 hours → 73% greater risk of high weight
Sleep & Managing Weight

- Motivation to eat well and exercise
- Food preferences
Sleep & Managing Weight

- Sleep debt disrupts metabolism and hormone levels
- Manifestations of fatigue and hunger are similar in mind and body
- Appetite levels – leptin and ghrelin
The Solution

Consider sleep as important as exercise and healthy eating!
Habits and practices conducive to sleeping well on a regular basis
Tips for Better Sleep

- Have a sleep schedule
- Create a quiet, dark and relaxing environment
- Keep your room clean and free from clutter
Tips for Better Sleep

- Face the clock away from you
- Keep the temperature cool
- Remove all TVs, computers and other “gadgets” from the bedroom
Oh man, it's three in the morning. I should really get off the computer and go to bed...

An hour later
Tips for Better Sleep

- Relax before bed
- Take a hot bath before bed
- Exercise regularly
- Turn down lights signaling it’s time to wind down
Tips for Better Sleep

- Avoid naps after 3 p.m.
- Have the right sunlight exposure
- Don’t lie in bed awake
- Don’t hit snooze
Tips for Better Sleep

• Journal
• Try side sleeping
• Avoid caffeine and nicotine 3-4 hours before bed
• Avoid alcoholic drinks before bed
Tips for Better Sleep

- Avoid beverages and large, high-fat meals 2-3 hours before bedtime
- Avoid medicines that delay or disrupt your sleep if possible
- Do ‘Night’ or ‘Bedtime’ Yoga
- Practice relaxation techniques
Progressive Relaxation

Each group: Hold 10 seconds then relax 30 seconds

- **Forehead** – Raise your eyebrows
- **Cheeks and nose** – Wrinkle nose and squint
- **Jaw** – Clench teeth
- **Lips and tongue** – Press lips together and tongue to roof of mouth
- **Neck and throat** – Tuck chin and push head backward
- **Shoulders** – Pull shoulders towards the ears
Progressive Relaxation

Each group: Hold 10 seconds then relax 30 seconds

- Arms – Contract upper/lower arm muscles
- Hands – Make a fist
- Abs/Back - Pull abdomen in and arch back
- Legs – Contract hips and upper leg muscles
- Calves – Pull instep and toes toward shins
- Toes – Curl toes
- Whole body – Tighten all muscles in your entire body
Sleep is a basic necessity of life.
It is as important as air, food and water.

Treat it like it matters!
• National Sleep Foundation
  sleepfoundation.org

• www.webmd.com/sleep
disorders/default.htm

• http://www.cdc.gov/sleep

• http://www.healthline.com/health/healthy
  -sleep/top-insomnia-iphone-android-
  apps#2
Wellness Happenings

- Healthy Utah Testing Sessions
- Monthly Wellness Challenges
- Webinars – Quarterly on the 1st working day of the month
- Have you set up your personal pehp.org account?

Find us on Facebook
THANK YOU & Sleep Tight!

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