



Let's Sleep On It: Developing a Healthy Sleep Pattern

The Presenter



Gina Crome

Gina has extensive personnel management experience, acting as Director of Implementation at CME Incorporated and Director of Client Services with the Foothill AIDS Project. She has worked with disadvantaged youth, conducting individual and family psychosocial assessments. As a personal and professional mission, Gina has focused on guiding individuals towards gaining a better quality of life. Along with her educational lectures, she recognizes that employee wellness often extends beyond the worksite. She develops curriculum and presents on health topics incorporating the key concepts of work-life balance and stress management skills for busy parents.

Session Overview

- Describe the importance of sleep and its impact when the body is deprived
- Discuss the aspects of shift work sleep disorder
- Provide tips to ensure a better night's sleep

Quote

“Sleep is the best meditation.”

- Dalai Lama



Why Is Sleep So Important?

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

Sleep is good for your...

- Learning ability
- Memory
- Metabolism
- Emotions
- Heart
- Immune System
- Restoration
 - Saving energy, healing wounds, and building new blood cells

Poll

How many hours of sleep do you get per night?

- A. Less than 4 hours
- B. 4-6 hours
- C. 6-8 hours
- D. 8-10 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
 - Poor concentration
 - Depressed immune system



According to the National Sleep Foundation

- 70 million Americans experience sleep-associated problems
- 40 million Americans suffer from chronic sleep disorders
- 20 to 30 million Americans are affected by intermittent sleep-related problems

In short, at least half of all Americans are sleep deprived.

What Happens When We Don't Get Enough Sleep

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

- National Sleep Foundation

Shift Work Sleep Disorder (SWSD)

- Circadian rhythm sleep disorder
- Symptoms include:
 - Insomnia
 - Excessive sleepiness
- Affects people whose work schedule falls during 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

SWSD Affects...

According to *Cephalon*, about 15% - 20% of 15 million American shift employees suffer from SWSD.

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 a 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 and 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, and electronic devices
- 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 the amount of fluids you drink before bedtime
 - 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 8 hours before bedtime
 - Alcohol disrupts sleep patterns

7. Exercise

- Regular physical activity can help you fall asleep at night
 - Do not exercise within 3 hours of bedtime

8. Napping

- Long daytime naps steal hours from nighttime sleep
 - Limit daytime sleep to 20-30 minutes
 - Nap prior to 3:00 p.m.

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 any sleeping medications
 - Communicate with your doctor about how the medications make you feel

Sleep Myths

1. Getting just one hour less of sleep per night, than needed, will not have any effect on your daytime function.
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.
5. Naps are a waste of time.
6. Snoring is a normal part of sleep.
7. The main cause of insomnia is worry.

Does your sleep deprivation affect:

- Your health?
 - Your family?
 - Your friends?
 - Your work—productivity?
- Write down two things that you will do differently to insure a better night sleep.

Resources

Contact your EAP
or
Work-Life Program
for
Assistance

Thank you!

Questions?

Works Cited

- (2016). *How Much Sleep Do We Really Need?* Retrieved February 4, 2016, from <https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>
- (2015, December 7). *Shift work sleep disorder*. Retrieved February 4, 2016, from https://en.wikipedia.org/wiki/Shift_work_sleep_disorder
- (n.d.). Practice Management Tips For Shift Work Disorder. Retrieved February 4, 2016, from http://media.mycme.com/documents/21/swdcomplete_5143.pdf
- Morgenthaler, Timothy. (2014 May 17). *Healthy Lifestyle: Adult Health*. Retrieved February 4, 2016, from <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/shift-work/faq-20057991?reDate=08032016>