Guide to Getting a Good Night’s Sleep
Objectives

• Learn sleep facts, common myths about sleep, and the consequences of sleep deprivation
• Discover how sleep works and what interferes with sleeping well
• Find out some of the basics about a variety of sleep disorders
• Gain tips for sleeping well
• Learn the benefits of your Employee Assistance Program (EAP)
Did you know?

Sleep Deprivation Facts & Dangers

70% Americans Suffer From Sleep Problems
30% Women Suffer From Insomnia
40% Men Suffer From Insomnia
23% Individuals Have Difficulty Concentrating
15% Increase In Driving Accidents
30% Higher Risk Of Obesity
20% Increase In Cardiovascular Risks
45% Increase In Depression Symptoms

Common Sleep Disorder Statistics
Insomnia affects 70,000,000 adults.
Sleep Apnea affects 18,000,000 adults.
Narcolepsy affects 200,000 adults.

Sleep deprivation is closely linked to diabetes and hypertension.

Approximately 1 million crashes occur due to drowsy driving each year in the U.S.

COLUMBUS COMMUNITY HOSPITAL
Well into the future
Myths

• “Everyone should get 8 hours of sleep each night.”
• “If you miss a few hours of sleep one night, you can catch up the next night.”
• “Children who don’t get enough sleep at night will show signs of sleepiness during the day.”
• “Sleeping pills are the answer.”
How much sleep do we really need?

New-born (0-3 months): 14-17 hours
Infants (4-11 months): 12-15 hours
Toddlers (1-2 years): 11-14 hours
Preschool (3-5 years): 10-13 hours
School age (6-13 years): 9-11 hours
Teenagers (14-17 years): 8-10 hours
Young adults (18-25 years) + Adults (26-64 years): 7-9 hours
Older adults (≥ 65 years): 7-8 hours
Consequences of Sleep Deprivation

 ✓ Accidents:
   ▪ Motor Vehicle
   ▪ Industrial

 ✓ Impaired judgment and productivity on the job

 ✓ Impaired motor functioning

 ✓ Impaired emotional functioning
The Stages of Sleep

Stage 1: Light sleep. Eyes move slowly and muscle activity slows.

Stage 2: Your eye movements stop and your brain waves become slower.

Stage 3: Deep sleep. Very slow brain waves called delta waves appear.

Stage 4: Deep sleep. There are no eye movements and no muscle activity.

Stage 5: REM sleep. Breathing becomes more rapid, irregular, and shallow. Eyes jerk quickly, limb muscles become temporarily paralyzed.
## How Sleepy are You?

Do you fall asleep in the following situations?

<table>
<thead>
<tr>
<th>Situation</th>
<th>Yes</th>
<th>Sometimes</th>
<th>No</th>
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<tbody>
<tr>
<td>1. Reading</td>
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<td>2. Watching TV</td>
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<td>3. Talking with someone</td>
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<td>4. Riding in a car</td>
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<td>5. Sitting down after lunch</td>
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<td>6. Within 5 minutes of laying down in bed at night</td>
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<td>7. At your desk/In a meeting</td>
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If you answered “**Yes**” or “**Sometimes**” to some of the above questions, you may not be getting enough sleep. You may want to talk with your doctor about your symptoms.
Habits That May Disturb Sleep

• Caffeine
• Smoking or chewing tobacco
• Alcohol
• Eating
• Sedentary lifestyle/Exercising too close too bedtime
• Television/computer/phone use before bed
• Inconsistent schedule
Medical Illnesses That May Disturb Sleep

• Heart disease
• Diabetes
• Weight Problems
• Heartburn
• Kidney disease
• Menopause
• Psychological disorders
Sleep Disorders

• Insomnia
  – Transient
  – Intermittent
  – Chronic
  – Learned
Sleep Disorders

- Breathing disorders during sleep
  - Snoring
  - Sleep apnea
- Movement disorders during sleep
  - Restless leg syndrome
  - Periodic limb movement disorder
Sleep Disorders

- Circadian Rhythm Sleep Disorders
  - Delayed sleep phase syndrome
  - Jet lag
  - Shift work
  - Seasonal affective disorder
Good Sleep Hygiene

- Establish relaxing pre-sleep rituals
- Avoid caffeine within 4 – 6 hours of bedtime
- Avoid nicotine close to bedtime or during the night
- Use bedroom only for sleep
- If unable to fall asleep within 15 – 20 minutes, leave the bedroom and do a non-stimulating activity
- Reduce use of alcohol, especially within 2 hours of bedtime
Good Sleep Hygiene

• Have a light snack (carbohydrate + protein) before bedtime and avoid large meals in the evening
• Exercise, but avoid within 2 hours of bedtime
• Minimize light, noise, and temperature extremes in the bedroom
• Get up at the same time every day
• Go to bed only when you are sleepy
References


Any questions?

Thank-you and go catch some Zzzzzzzz’s.....
Good Nights Sleep – QUIZ

Name: ______________________________

1. What are the consequences of sleep deprivation?
   A. Impaired judgment and productivity on the job
   B. Impaired motor functioning
   C. Impaired emotional functioning
   D. All of the above

2. Which one of these common habits can HELP your sleep?
   A. Excessive caffeine intake
   B. Electronic usage before bed
   C. Establishing pre-sleep rituals
   D. Sedentary lifestyle

3. Sleep deprivation affects 70% of Americans, can increase depression symptoms by 45% and attributes to 30% higher rate of obesity.
   A. TRUE
   B. FALSE

4. Which are common sleep disorders? (Circle all that apply.)
   A. Sleep apnea/snoring or breathing disorders
   B. Shift work/circadian rhythm disorders
   C. I stay up too late disorders
   D. Restless leg syndrome/movement disorders

5. Which is the best tip for sleep hygiene?
   A. Play on computer and go directly to bed
   B. Eat a heavy meal and snack right before bed
   C. Minimize light, noise and temperature extremes in your bedroom
   D. Get up at a different time everyday