

Sleep Hygiene

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To Start, Raise Your Hand If:

- How many of you think that you had a good night sleep last night?
- How many people have had a poor night sleep in the past week?
- What, if any, challenges do you have with sleep?





Statistics

- 70 million Americans suffer from chronic sleep problems
- Adults who get less sleep every night, or suffer from sleep problems are more likely to have chronic health issues
- 70% of adults report that they obtain insufficient sleep at least one night a month, and 11% report insufficient sleep every night
- National data shows that poor sleep health is a common problem with 25 percent of U.S. adults reporting insufficient sleep or rest at least 15 out of every 30 days
- Older Adults (over the age of 60) have a decline in the total amount of sleep they get each night, and have a higher prevalence of sleep problems

Signs That You May Have Sleep Problems

- Waking up in the middle of the night
- Difficulty falling asleep
- Restlessness
- Feeling tired during the day
- Having trouble completing daily tasks
- Needing to take a lot of naps
- Having difficulty controlling emotions
- Slower responses than normal



What is Sleep Hygiene?



Sleep hygiene describes behaviors that aim to promote healthy, high-quality, consistent, and uninterrupted sleep

Circadian Rhythm: a natural, 24 hour cycle, that your body internally sets to in order to carry out essential functions of the body. It is influenced by light (day and night). A healthy aligned circadian rhythm promotes consistent, restorative sleep. Thrown off - sleep problems, affecting physical and mental health

- **Healthy** circadian rhythm → consistent, restorative sleep
- **Irregular** circadian rhythm → sleep disturbances

Ways to Establish Healthy Circadian Rhythms

- Establish a consistent sleep schedule
- Create comfortable sleep environment
- Reduce distractions (phone, light, & sound)
- Follow a pre-sleep routine
- Build healthy habits during the day





Challenges with Sleep Hygiene

Signs of Irregular Circadian Rhythms

- Lack of consistency
- Sleep quantity
- Sleep quality
- Difficulty falling asleep (insomnia)
- Difficulty staying asleep (insomnia)



Sleep Strategies: Environment

- Create comfortable sleeping space
- Make sure the room is lit appropriately
- Turn your TV and phone off
- Set bedroom thermostat for comfortable temperature
- Hide your clock if you tend to watch the clock at night
- Use a noise machine for white noise



Sleep Strategies: Behavior

- Avoid daytime naps
- Exercise before 2 pm every day
- Get outside!
- Don't stay awake in bed for more than 20 minutes
- Keep the bed for sleep and sex- no other activities in bed
- Avoid caffeine after noon time
 - This includes foods and beverages
- Include relaxation techniques in your routine





Meditation & Sleep

“Relaxation Response”

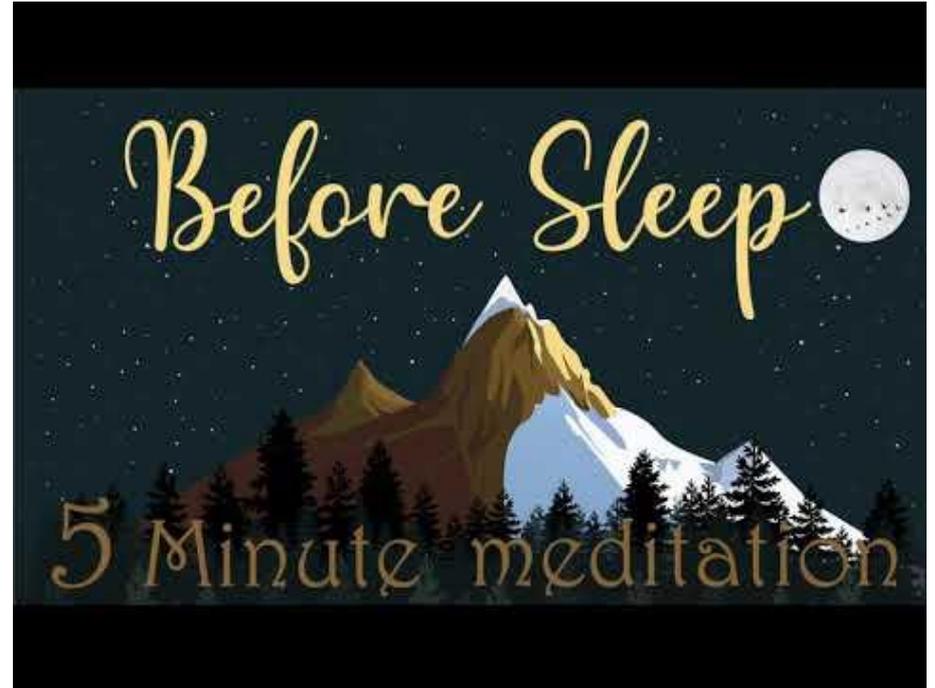
Potential immediate results:

- Slows heart rate
- Reduces breathing rate
- Decreases cortisol levels
- Improves emotional regulation

Potential long-term impacts:

- Improved REM sleep
- Reduced nightmare awakenings

(Pacheco & Dimitriu, 2022)





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