

Prioritize Sleep To Boost Your Wellbeing



Objectives

- Describe the critical role sleep plays in mental and physical health
- Identify signs and symptoms of poor sleep
- Explain simple ways to improve bedtime routines

The importance of sleep in maintaining health and wellbeing

Physical restoration

Cognitive function

Emotional wellbeing

Hormonal balance

Overall health and longevity

Signs and symptoms of poor sleep

- Daytime sleepiness
- General fatigue
- Increased appetite
- Inability to fall asleep
- Frequent trips to the bathroom during the night
- Nighttime awakenings
- Waking up gasping or choking
- Trouble thinking and focusing and remembering
- Slowed reactions times
- Headaches

Sleep deprivation vs. insomnia

- **Insomnia:** unable to sleep when you try.
- **Sleep deprivation** happens when you don't get enough sleep.

Severe symptoms of sleep deprivation

Many of the more severe symptoms look like the effects of alcohol intoxication:

- “Microsleeps” (when a person briefly falls asleep for only seconds before waking back up).
- Uncontrollable eye movements (nystagmus).
- Trouble speaking clearly.
- Drooping eyelids (ptosis).
- Hand tremors.
- Visual and tactile (touch-based) hallucinations.
- Impaired judgment.
- Impulsive (or even reckless) behavior.

Causes of poor sleep/ sleep deprivation

Many have to do with the circumstances of your life:

- Shift work (especially shifts that happen partly or fully during nighttime hours).
- Alcohol use (especially misuse).
- Using stimulants like caffeine later in the day.
- Bad sleep-related habits (known as sleep hygiene).
- High stress levels.
- Sleeping in a new or unfamiliar place, such as in a hotel while traveling.

Medical causes of poor sleep/ sleep deprivation

Can also happen due to medical reasons, such as:

- Sleep apnea
- Degenerative brain disorders such as Alzheimer's disease or Parkinson's disease.
- Mental health concerns concussions and traumatic brain injuries
- Pain
- Insomnia
- Restless legs syndrome
- Sleep disorders such as night terrors, sleep paralysis, sleepwalking and more
- Medications such as corticosteroids, stimulants and more
- Short-term illnesses and infections, such as the common cold, the flu and more

Ways to improve your bedtime routines and sleep

Sleep hygiene:

- Consistent bedtime and wake time
- Minimize/eliminate electronics in the evening
- Create sleep friendly and comfortable environment
- Avoid heavy and or spicy meals later in the evening
- Sleep promoting snacks and beverages
- Avoid caffeine, alcohol nicotine or Marijuana in the evenings
- Daytime exercise
- Create and follow a calming bedtime routine
- Banish worry from the bedroom

When is it time to seek professional help?

- Daytime sleepiness despite adequate amount of sleep.
- Chronic insomnia.
- Falling asleep/struggling to stay awake during important tasks.
- Frequent middle of the night awakening.
- Snoring.
- Waking up gasping for air.
- Unexplained weight changes.
- Physical health concerns.
- Mental health concerns.

Your Program

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24 hours a day/7 days a week

Thank you!

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Resources

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