



WELCOME

Looking After Our Sleep

By Dr Gabriella Romano of The Sleep Charity

Who are The Sleep Charity



WHO ARE THE SLEEP CHARITY?



**The Queen's Award
for Voluntary Service**

- Established in 2012 by a former sleep deprived mum
- Formerly 'The Children's Sleep Charity'
- Multi award-winning, small national charity
- Evidence based approach supported by The Sleep Council advisory board
- Our Mission 'To Empower The Nation To Sleep Better'

THE SLEEP CHARITY



SUPPORT TO FAMILIES
USING AN EVIDENCE
BASED, BEHAVIOURAL
APPROACH



PROVISION OF HEALTHIER
SLEEP INFORMATION
THROUGH
TRAINING/WORKSHOPS/
SEMINARS



RESEARCH INTO SLEEP



CAMPAIGNING TO
INCREASE AWARENESS
ABOUT THE IMPORTANCE
OF SLEEP



PROVISION OF HEALTHY
SLEEP INFO FOR ADULTS

Importance of Sleep

SO WHY IS SLEEP IMPORTANT?



Sleep is as vital as
food and water

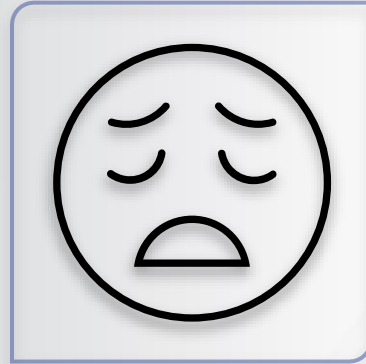


We spend approx.
1/3 of our lives
asleep



Significant impact
factor physical and
mental health

WHY DO WE SLEEP



No one really knows why we sleep

Sleep is not negotiable – it is essential for life

It is needed for recuperation and restoration of physical and mental functioning

“If sleep does not serve an absolutely vital function, then it is the biggest mistake the evolutionary process has ever made.”

Rechtschaffen, 1971, p. 88

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep while engaged in the below activities?

Score 0-3 with 0 being would never doze, 1 = slight chance, 2 = moderate and 3 = high chance

- Sitting and reading
- Watching TV
- Sitting inactive in a public place e.g. cinema, theatre, meeting
- Riding as a passenger in a car for an hour without a break
- Lying down to rest in the afternoon
- Sitting and talking to someone
- Sitting quietly after lunch without alcohol
- Sitting in a car, stopped for a few minutes in traffic

HOW DID YOU SCORE?

Your scores provide estimates of how likely you are to fall asleep during routine situations in your daily life. The higher your score, the higher your daytime sleepiness.

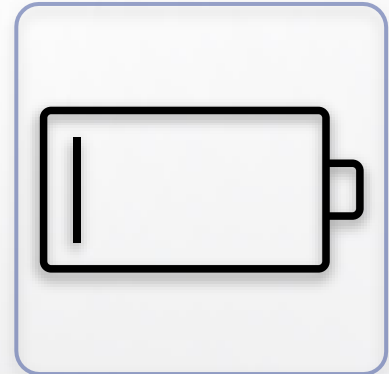
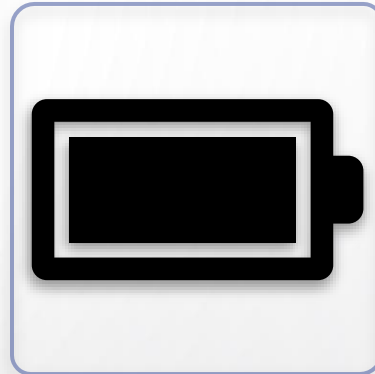
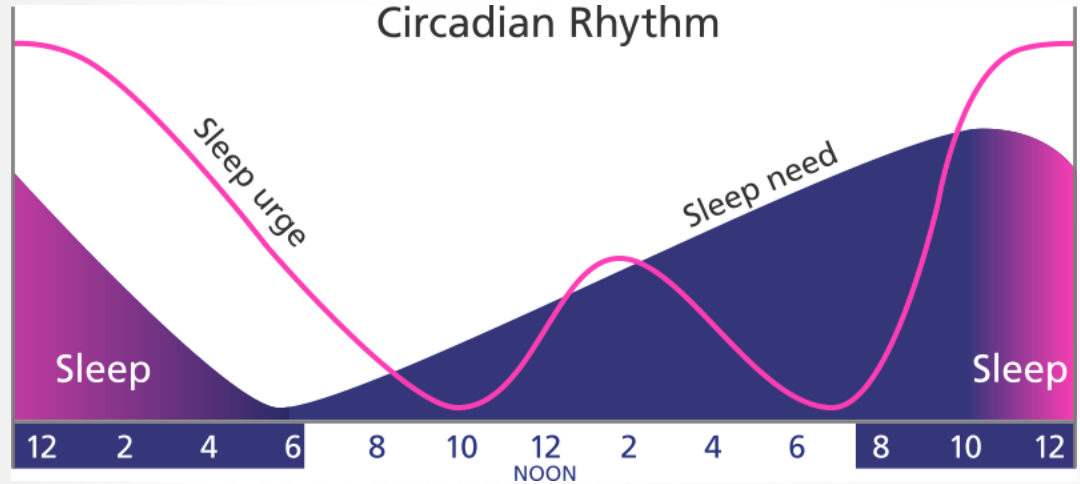
Anything over 10 is deemed as being 'over sleepy'

SLEEP DRIVE

Sleep/wake homeostasis creates a drive that balances sleep and wakefulness

Builds during the day

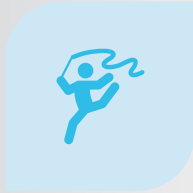
In the day we are using the battery and at night we need to recharge it



CIRCADIAN RHYTHMS



NIGHT OWL/LARK



IMPORTANCE OF
ROUTINE



SET WAKE UP/BEDTIME

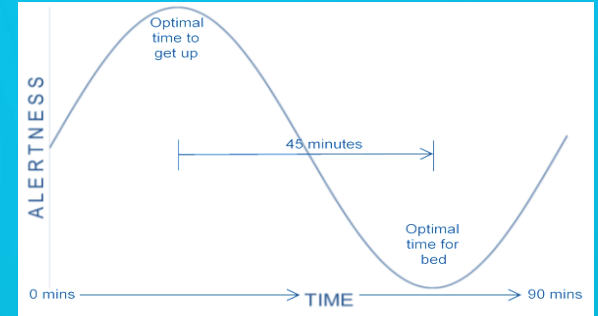
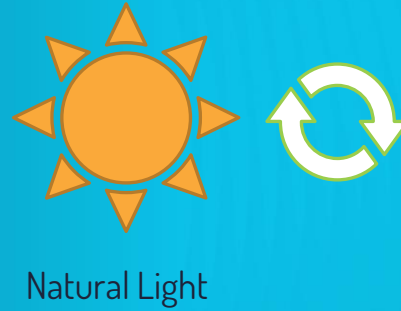
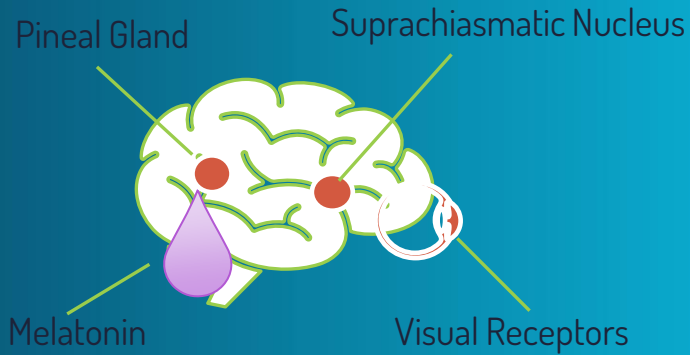


THE ROLE OF DARKNESS
AND MELATONIN



THE ROLE OF LIGHT -
LIGHT BOXES

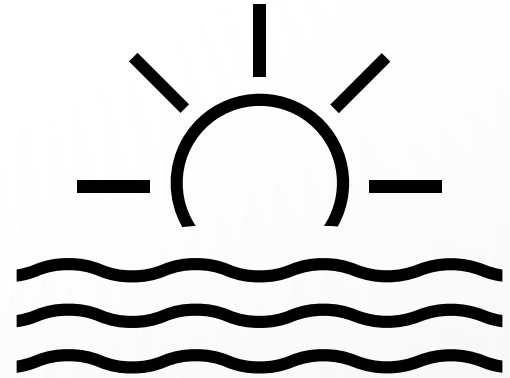
LIGHT AND CIRCADIAN RHYTHMS



THE ROLE OF DARKNESS AND MELATONIN

Light and dark are strong cues in telling your body when it's time to wake up or go to sleep.

Light is a common sleep 'robber' because it suppresses melatonin (the hormone that helps regulate the body's circadian rhythm and helps you drift off)



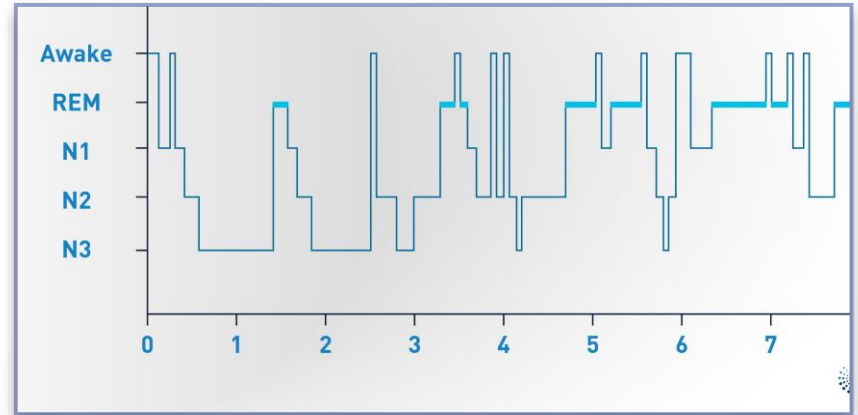
SLEEP STAGES

Stage 1 – light stage of sleep from which we can be easily roused. You may experience twitching or jerks

Stage 2 – still quite light sleep but the body is preparing for deep sleep

Stage 3 – deep or slow wave sleep, more difficult rouse from. You may feel disorientated if woken from this stage. It is the most restorative sleep of all stages.

REM (Rapid eye movement) – this is where we dream and it is vital for mental and emotional development



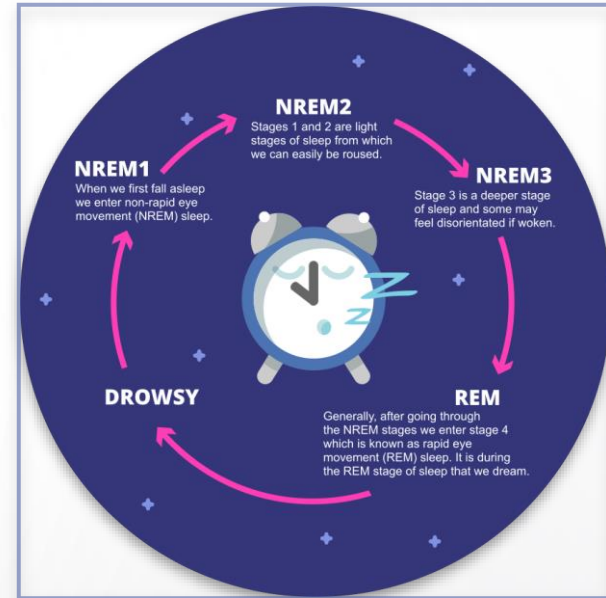
SLEEP STAGES

We experience different stages of sleep and we sleep in cycles.

Deep sleep towards the beginning of the night; lighter sleep in the early hours of the morning.

Each cycle lasts around 1½ hours and we need to experience all four stages in order to wake up rested

A good night's sleep consists of four or five cycles, whereas disturbed sleep consists of far fewer.



Causes of Poor Sleep

COMMON ISSUES

🕒 Lack of routine

🧠 Stress & anxiety

🤝 Partner disturbance

🔑 Bedroom environment

☕ Diet – caffeine, alcohol and food

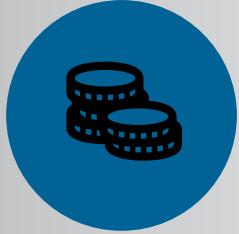
🏃 Lack of exercise

🕒 Excessive screen time

✖ Inappropriate napping

Impact of Sleep Deprivation

IMPACT ON WORK



UK economy loses £40 billion a year due to sleep issues (RAND report)



Productivity



Someone who sleeps less than 6 hours per night takes an additional 6 days off work per year compared to a worker sleeping 7-9 hours



Mental and Physical Wellbeing

IMPACTS ON OUR HEALTH AND WELLBEING

Emotional & Mental Health

- Mood swings
- Irritability
- Depression and anxiety
- Stress

Physical Health

- Heart disease and stroke
- Alzheimer's
- Obesity and Type 2 diabetes
- Lowers immune system

4/5

4 in 5 long term poor sleepers suffer from **low mood** and are **seven times more likely** to feel **helpless** and **five times more likely** to feel alone.



<6hrs

Those who frequently **get fewer than six hours a night** are at significant increased risk of **stroke and heart disease**.

WHEN TO REFER ON

- Sleep issues can be complex and a multi-disciplinary approach required
- Need to be aware of sleep disorders
- Possible medical issues
- Anxiety/mental health issues

SLEEP MYTHS

🚫 Everyone needs 8 hours of sleep a night

🚫 Napping in the day is bad

🌙* You can catch up on lost sleep

👤 Older people don't need as much sleep

🍷 Drinking alcohol helps you sleep

🍴 Eating cheese gives you nightmares

Practical tips and strategies

HELPFUL ADVICE



Consider what may be causing your sleep issues before adopting strategies



Exercise during the day



Regular hours for bedtime and wake up time



Plan a routine - wind down time in the hour before bed



Consider temperature, lighting, noise and the bed in the bedroom



Avoid screens an hour before bed

HELPFUL ADVICE



EXPOSURE TO
NATURAL DAYLIGHT
EACH MORNING



DIM LIGHTS AT NIGHT



FIND A WAY TO
SEPARATE WORK LIFE
FROM HOME LIFE –
DON'T WORK CLOSE
TO BEDTIME



AVOID CLOCK
WATCHING



WATCH ALCOHOL AND
CAFFEINE INTAKE



WRITE DOWN
WORRIES BEFORE BED

SIGNPOSTING

🏠 The Sleep Charity website & National Sleep Helpline 03303 530 541

✓ Sleepio or Sleepstation – CBTi

🏥 NHS: Insomnia

🏠 NHS: Obstructive Sleep Apnoea

👑 Royal College of General Practitioners

⊕ GP

OTHER WEBINAR TOPICS

Explore further webinar ideas for example:

- Insomnia
- Sleep disorders
- Mental health
- Shift work and sleep
- Children & adolescents
- Parents & carers

Thank you

For more information about our work, further training and to sign up to our mailing list visit

www.thesleepcharity.org.uk

Email info@thesleepcharity.org.uk

