



Sleep Hygiene:

Strategies to get that good night's sleep

Cari Shulkin MSN, CV-BC



Overview

Essentials for a good night's sleep?

Cycles of sleep

Barriers to sleep

What to do during the day

What to do in the evening

What to do in the bedroom

Tracking and training





Do you have issues with getting a good night's sleep?

Sleep is essential to our well-being. When we fail to get good sleep over a period of time, numerous problems can occur.

How much sleep do you need?

Sleep needs vary from person to person, and they change throughout the lifecycle. Most adults, including older adults, need 7–8 hours of sleep each night.

How much sleep do you get?

Why sleep is essential

Sleep is an opportunity for our bodies to repair themselves:



physical repair (e.g. torn muscles, organ cleansing, etc.)

psychological repair (e.g. laying down memories, working through anxiety etc.).

Physical repair is associated with slow brain wave patterns, whereas psychological repair is associated with active dream states.

The brain waves of a dreaming person look very similar to someone who is awake.

What is a healthy sleep cycle?

Adults cycle through all forms of sleep every 90 minutes (5 opportunities to repair both the physical and psychological systems).

The bulk of first cycles of sleep is spent in physical repair with only a small percentage dedicated to psychological repair.

That balance shifts. In the morning, just before awakening, the bulk of sleep time being dedicated to psychological repair.

While we do have some dreaming every 90 minutes, we have much more of it near morning.

Over a long period of time, if repair cannot take place, it can lead to pain, fatigue, and memory and thinking difficulty

Older adults and healthy sleep cycle?



Older adults, on the other hand, spend a disproportionate amount of their sleep time in physical repair, as aging bodies are more vulnerable to damage.

Recent research also points to inadequate sleep as a factor in the development of obesity and diabetes.

When emotional distress and worry interfere with sleep patterns, the natural ability of the body to repair itself becomes disrupted.

Can't sleep because:



• Mind racing at bedtime



• Pain



• Medications



Leading to...



• Tiredness, fatigue



• Waking up unrefreshed



• Trouble concentrating



• Irritability



Insomnia



About a third (27%) of Americans have occasional insomnia.

Nine percent have chronic insomnia.

The most common cause of insomnia is a big change in daily routine.

Other causes include pain, nausea, shortness of breath, depression and anxiety.

What can you do?

During the Day

- Get exposure to sunlight, especially in the morning
- Have a caffeine curfew
- Get regular exercise or physical activity
- No naps or limit daytime naps to 30 minutes



What can you do?

In the Evening

- Establish a routine to wind down, consistent bedtime and wake up schedule
- Minimize bright light, especially blue light
- Avoid electronics/screens 1-2 hours before bed
- Relax with light reading, meditation, (self) massage
- Avoid alcohol or large meals before bedtime



What can you do?

National Sleep Foundation Recommendations for Sleep Environment

- Bedroom is a quiet, dark, and relaxing environment
- Adjust temperature to a comfortable temp for you
- Use your bed for only for sleeping and not watching TV
- Remove all televisions, computers, and other "gadgets" from the bedroom



Track your
sleep and
training
yourself



Tracking and training your sleep patterns

Step 1: SLEEP TRACKING. In order to better understand how you sleep, it is helpful to keep a log of your sleep patterns. For the first three days, answer all questions on the sleep diary after you get up in the morning.

Step 2: SLEEP HYGIENE. After monitoring your sleep, notice what kinds of sleep difficulties you are having (e.g., difficulty falling asleep, difficulty staying asleep). Then, choose the sleep hygiene strategies you would like to try to help you improve those areas. Choose at least one new strategy to try. For the next 4 days, place a check next to the strategy you tried.

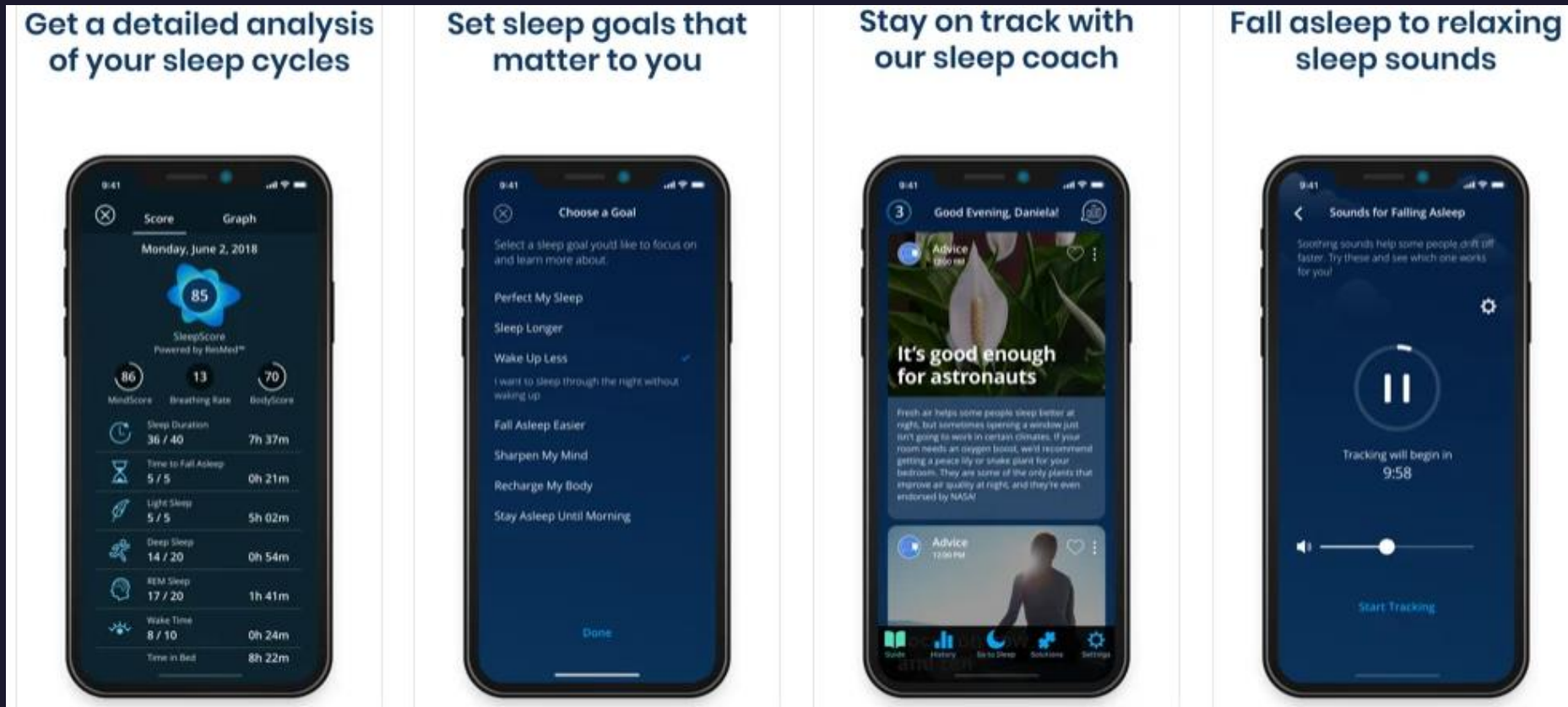
Example of tracking your sleep patterns

| Monitoring | EXAMPLE | Day 1 | Day 2 | Day 3 | Sleep Hygiene Strategies | Day 4 | Day5 | Day6 | Day 7 |
|--|---------------------|--------------|-----------------|--------------|---|--------|------|--------|-------|
| Naps (record times) | 2pm-2:45 4pm-6pm | None | 2:20- 2:25pm | 9- 9:20pm | Same bedtime every day____ Same wake time every day____ Avoid naps____ | ✓ ✓ | ✓ | ✓ ✓ | ✓ |
| Bedtime (record time) | 10:30pm | 11:15pm | 11:30pm | 12am | Go to bed only when sleepy____ Use bed only for sleep/sex____ Leave bed if can't sleep____ | | | | |
| It took ____min. to fall asleep | 45 min | 3 min | 25min | 20min | Stay in bed only 7-8 hrs.____ Warm body with exercise____ Warm body with bath____ | | | | ✓ |
| I woke up ____times | 3 | 3 | 2 | 1 | Keep bedroom constant temp.____ Keep bedroom dark____ Avoid alcohol____ | | | | |
| Each time I woke up it took ____min to fall asleep again | 20 10 30 | 5 5 10 | 15 15 | 4 | Avoid caffeine____ Avoid nicotine____ Eat light meal/snack before bed____ Avoid stimulation before bed____ | ✓ | | ✓ | |
| I awoke for the last time at what time? | 6:30am | 5:45am | 6:15am | 6:30am | Relax with music before bed____ Relax with deep breathing____ Relax with other strategy____ | | ✓ | | |
| I got out of bed at what time? | 6:45am | 5:45am | 6:35am | 6:30am | | | | | |

| Monitoring | EXAMPLE | Day 1 | Day 2 | Day 3 | Sleep Hygiene Strategies | Day 4 | Day5 | Day6 | Day 7 |
|--|---------------------|--------------|--------------|--------------|---|--------------|-------------|-------------|--------------|
| Naps (record times) | 2pm-2:45 4pm-6pm | | | | Same bedtime every day____ Same wake time every day____ Avoid naps____ | | | | |
| Bedtime (record time) | 10:30pm | | | | Go to bed only when sleepy____ Use bed only for sleep/sex____ Leave bed if can't sleep____ | | | | |
| It took ____min. to fall asleep | 45 min | | | | Stay in bed only 7-8 hrs.____ Warm body with exercise____ Warm body with bath____ | | | | |
| I woke up ____times | 3 | | | | Keep bedroom constant temp.____ Keep bedroom dark____ Avoid alcohol____ | | | | |
| Each time I woke up it took ____min to fall asleep again | 20 10 30 | | | | Avoid caffeine____ Avoid nicotine____ Eat light meal/snack before bed____ Avoid stimulation before bed____ | | | | |
| I awoke for the last time at what time? | 6:30am | | | | Relax with music before bed____ Relax with deep breathing____ Relax with other strategy____ | | | | |
| I got out of bed at what time? | 6:45am | | | | | | | | |

Use an APP to track your sleep patterns

SleepScore: \$7.99/month. Works by listening to you. No wearables. Rated #1



Other APPs to track your sleep patterns

- Sleep ++ Free and basic data
- Sleep Cycle
- Pillow
- Final Verdict



Summary



- Good sleep is necessary for our well-being.
- We cycle through different sleep stages throughout a night's sleep.
- Earlier stages are necessary for physical repair; later stages are important for psychological repair and memory.
- For ongoing sleep difficulty, the most effective treatment is to alter sleep habits.
- Eliminating napping, avoiding caffeine and other stimulants, keeping regular bedtime and wake-up times, keeping the bedroom quiet and dark, and practicing relaxation techniques before bed can all help improve sleep.
- Find a relaxation exercise that suits you best. They are all effective.

Thank You

Questions? Comments?

