



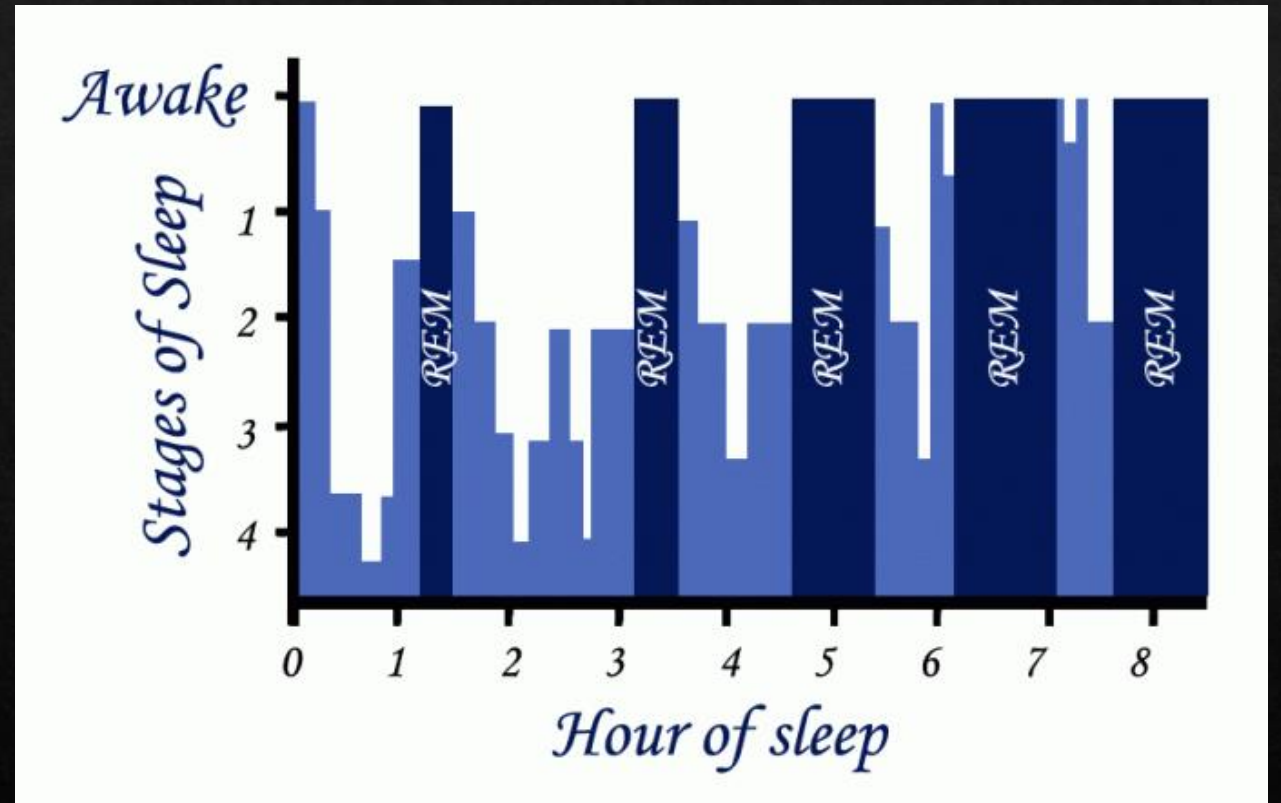
Sleep and Mental Wellness

By Danieliza Juniis-Johnson MSE, LPN, RPSGT, RST

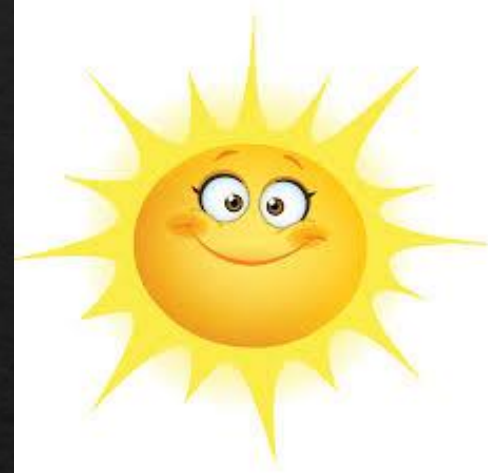
What is sleep?

Four stages of sleep

- Stage 1 - Dozing
- Stage 2 - Can be awakened easily
- Stage 3 - Deep restorative
- R.E.M - Dreaming



What controls our sleep? Circadian Rhythm



Circadian Rhythm- your internal alertness clock (wake up time/light)

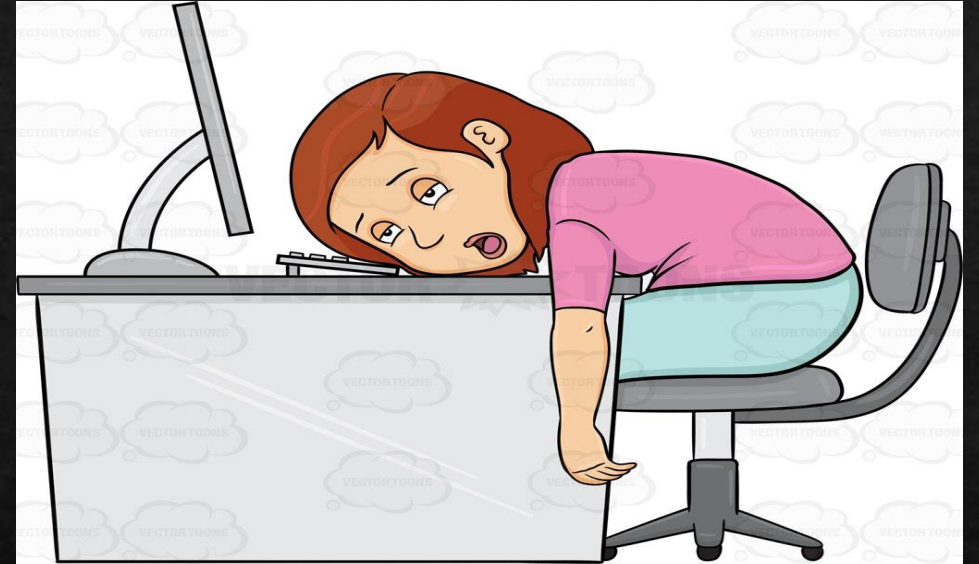
- ◇ Try to wake up same time every day, regardless of bed time
- ◇ Get adequate exposure to sunlight (vitamin D)
- ◇ Resist long daytime naps (60mins or less)

**Wake
UP**



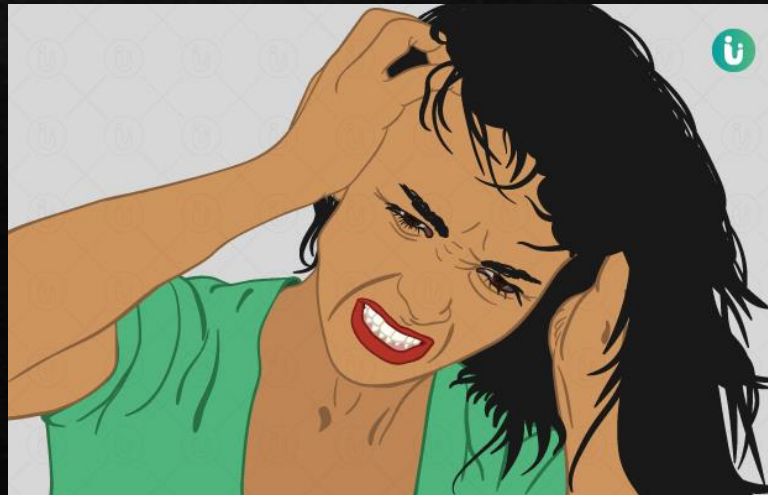
Why Do We Need Sleep?

- ◆ Sleep problems make it hard for our body to repair, detoxify, regulate sugar and digest
- ◆ Diminish our ability to fight viruses like common colds by 300% with less than 6 hours of sleep



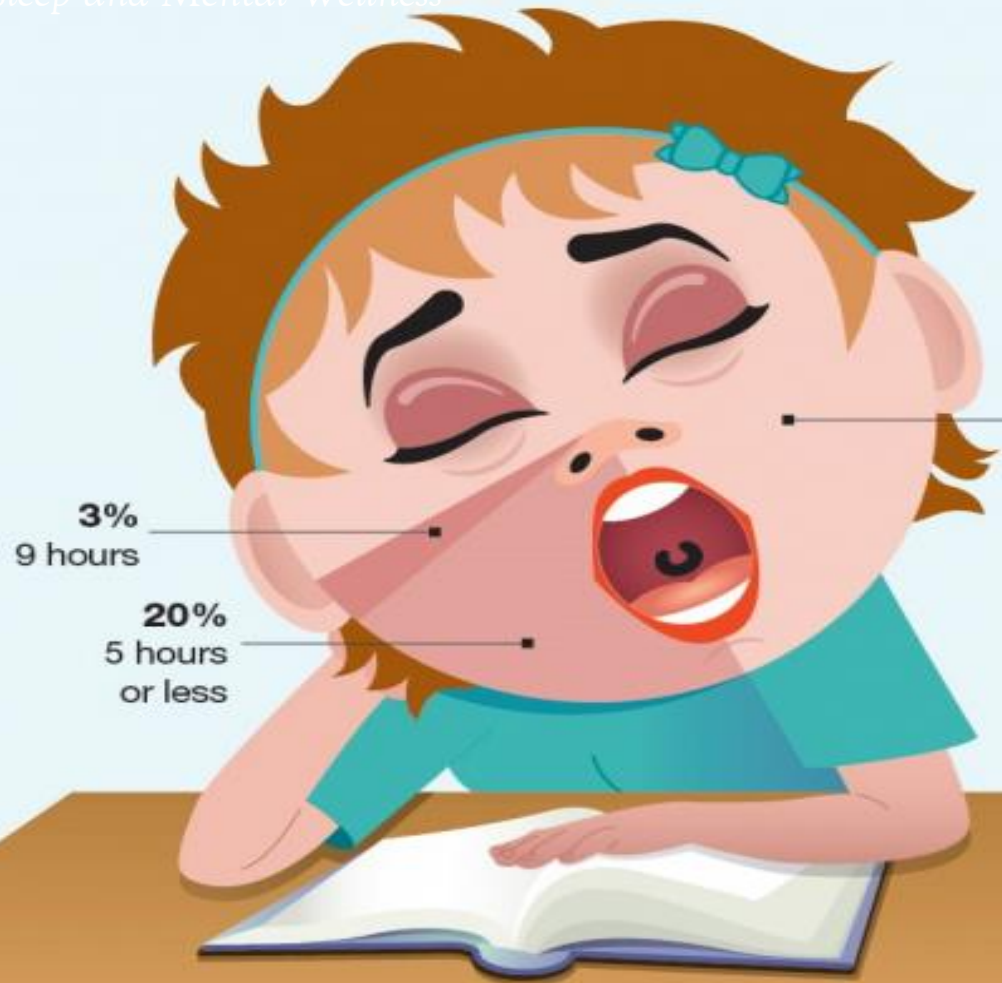
Poor Sleep?

- ◆ Frequent urination
- ◆ Waking up earlier than desired
- ◆ Difficulty initiating and/or maintain sleep
- ◆ Morning head aches
- ◆ Fatigue
- ◆ Restlessness
- ◆ Forgetfulness
- ◆ Irritability



The consequences of skipping sleep can be dire

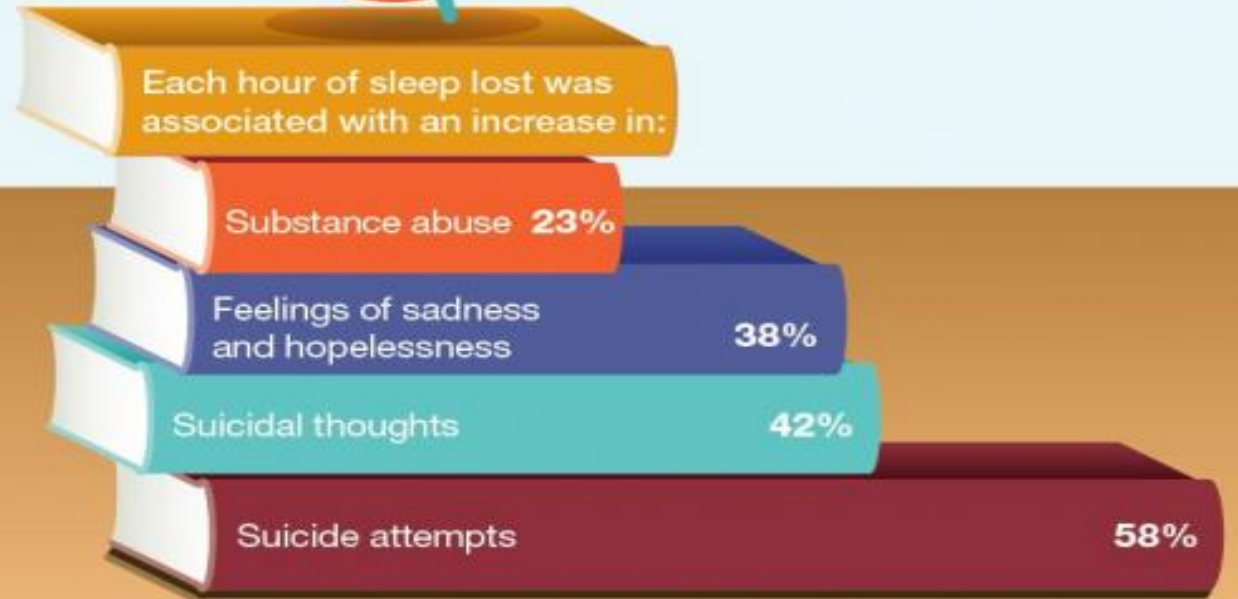
The team focused on sleep times reported by an ethnically diverse sample of 27,939 middle- and high-school students.



3%
9 hours

20%
5 hours
or less

77%
6.5 hours
or less



Each hour of sleep lost was associated with an increase in:

Substance abuse 23%

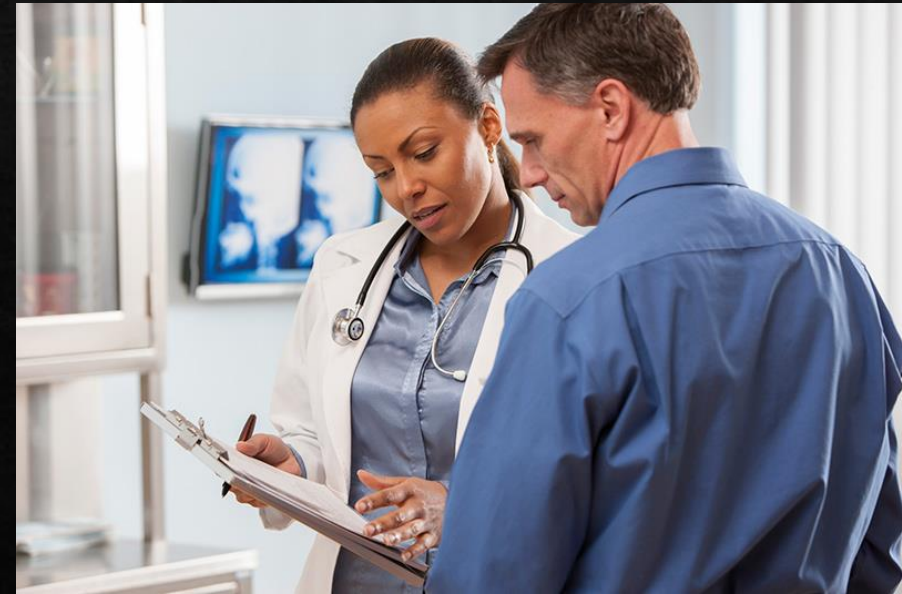
Feelings of sadness and hopelessness 38%

Suicidal thoughts 42%

Suicide attempts 58%

How can you improve your mental health?

- ◆ Talk to sleep specialist
- ◆ Ask PCP to have a sleep study
- ◆ Develop a sleep hygiene plan with a sleep health coach
- ◆ Be consistent with sleep hygiene plan and talk to sleep health coach at least 1x/week
- ◆ Make manageable changes in your diet and exercise level



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