

INSOMNIA

Many people at increased risk for insomnia say that trouble falling or staying asleep impacts their:

73%-Mood

63%-Attention/Concentration

42%-Family Relationships

36%-Job Performance

Can good sleep habits be learned or are there patterns that can be adopted that can actually help us become better sleepers?

1. Try to have everything quiet
2. Try to keep everything very dark
3. Do not eat for at least 2-3 hours before going to bed
4. Do not eat a high fat/large meal within 3 hours of going to bed
5. Take a walk after the last meal you have eaten
6. You may need to "re-set" your biological clock by getting enough bright light early in the morning. - this helps the brain regulate your wake-sleep cycles by having light on the retina in the eyes.
7. When at all possible, try to go to bed at nearly the same time each evening
8. Do not watch any strongly emotional TV, have arguments, or other very stimulating things
9. Do not drink beverages with caffeine/alcohol

What if you do fall asleep fairly quickly **but** then wake up 3 hours later and cannot get back to sleep? This seems to be a very common complaint

1. Again, do not turn on the lights, read, or watch TV, If you need to get up to use the bathroom, that is OK.
2. Try to lie flat on your back (if you are able to do this)
3. Close your eyes, make sure there is no lights in the room including night lights, clocks with ticking sounds or other distractions - blinds should be closed, although it is good to have windows open for fresh air
4. If needed because you cannot block light from outside sources, you can wear eye coverings to help you fall asleep
5. If you start thinking of many worrisome things or just can't stop thinking of your daily work or other items, try to make sure that you are not dwelling on anything that keeps you thinking. Try to just relax without any specific thing on your mind
6. Usually within 15 minutes with this regimen, you will be asleep, and if not, keep practicing the things we have talked about and after a time, this will become easier and easier to fall asleep and stay asleep.

Eighty percent of healthcare professionals believe that their patients try over-the-counter (OTC) or store-bought sleep aids often for their insomnia symptoms. OTC treatments may be suitable for some patients, but it is important for patients to let their healthcare professional know all of the medications they are taking, including OTCs and to discuss appropriate treatment options and lifestyle changes.

Insomnia more than just difficulty falling asleep

Affects everyday life

Many things that can be done

Yet, only half of those at increased risk for insomnia have actually initiated a conversation with their healthcare professional about their sleep issues.

Children aged five to 12 need 10-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products - all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral problems such as hyperactivity and cognitive problems that impact on their ability to learn in school.

QUESTION TO BOTH LORAYNE AND NEB -So practically, what are some choices I can make to help get me out of the sleep deprivation cycle?

What if you have to work nights or have a very mixed up shift schedule, or get home at midnight but have to get up by 6 to get back to work or prepare breakfast for your family

1. Yes, some people due to their work cannot go to bed at nine and get up at 6 - for these people the most important thing is to have their room dark, and not have other distractions or noise going on in the house at the same time - Try to get at least 6 -8 hours continuous sleep and if that is not possible, take naps - even if you have not gotten the right amount of sleep as a regular night time sleeper a nap is always a good idea for even 10-15 minutes in the middle of the day. It actually saves time and makes the rest of your day more productive.
2. Dangers of night workers sleep deprivation over the years - earlier death, more cancer, etc.
3. Falling asleep on the job

What about if you have small children in the home? How do you get your rest when you have to care for them and wake up every 2 or 3 hours

1. That is why God made us to have our children when we are still young (laugh)
2. Get rest while the baby is resting/ take naps

Instead of Ambien why not take melatonin?

What about sunshine. We talked about resetting your biological clock earlier, How does sunshine contribute to getting a good night's rest

Vitamin D from the sunshine, definitely helps us to be able to sleep better. The amount we need is at least 15-20 minutes a day from 10 am-3 pm. Sunshine /Vitamin D acts as a hormone to produce the ability to fall asleep faster, sleep deeper, and get that rejuvenating rest we all so much want and need.