

Rest

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Rest/Sleep

- **Sleep or Rest is very important for health**
- **Getting enough sleep or rest determines if we are going to have enough energy for the day or if we will be fatigued**

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- **Fatigue is a common problem world-wide**



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- **There are two kinds of rest we need**
 - **Daily rest**
 - **Weekly rest**

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- **Problems with sleep is one of the 10 most common reasons to visit a doctor**



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- **Literally thousands of people have problems either falling asleep or waking up and not being able to go back to sleep**

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- Others feel sleepy or fall asleep in the daytime because of lack of enough quality sleep time



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- **How much sleep do we need?**



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- **Studies have shown that people live longer and are healthier if they get at least 7-8 hours of sleep**

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- **How much sleep do we need?**



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- **Serious mistakes and accidents have occurred in people who do not get enough sleep**

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- **Falling asleep while driving is a major cause of automobile accidents**



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- **Periods of microsleep for only 4 seconds may be fatal to you or your family**



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- **Studies show the danger of lack of sleep in some shift workers, pilots, physicians and others in critical jobs**



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- **There are now major restrictions on length of work hours for many types of occupations, especially physicians in training and pilots**

Rest/Sleep Myths

- **I don't need that much sleep. I can get by on 5 hours so this does not apply to me**

Rest/Sleep Facts

- **FACT:**
Individuals vary somewhat in their need for sleep but are unable to judge this for themselves and most need at least 7 hours

Rest/Sleep Facts

- **Humans need 8 hours of sleep to perform at their best**



Rest/Sleep Facts

- **Getting less than 8 hours of sleep creates a sleep debt which is difficult to restore**

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- **As we age, sleep problems become even more severe and can range from mild to severe**



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- **Some people feel that they never really sleep well, and often feel sleepy during the day**



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- **Daily Sleeping pill use in the USA in 2020 was approximately 8.4% of adults**
- **A recent study showed that sleeping pills only helped people sleep an average of 11 minutes longer**

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- **In one large study done by the American Cancer Society of one million Americans, one question they asked was whether the persons often took sleeping pills**
- **Six years later, they looked at those who took sleeping pills and of those who did, 50% more had died**
- **These were compared by age, sex, and health**

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- **Because of these startling results, a new study was done and again they found the same thing when looking at 32 health risk factors**
- **Those who took sleeping pills 30 times per month had 25% more mortality**
- **Those who took sleeping pills just a few times a month had an increased mortality of 10–15%**

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- **These causes of death were varied:**
 - Suicide: 7 times the risk
 - Heart disease
 - Cancer
 - Stroke
- **15 other studies world-wide showed very similar results**

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- **What can you do to avoid the dangers of not getting enough sleep and yet avoid sleeping pills?**
- **How can you safely wean off from taking sleeping pills?**

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- **Have a set time (usually) that you go to bed**
- **Avoid napping during the day time**

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- **Go to bed before 10 pm if you do not work at night.**
- **One hour of sleep before midnight is worth two after midnight because of the peak effect of melatonin, the sleep hormone**

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- **Establish a regular wake-up time regardless of when you go to bed.**
- **Do not eat a heavy meal at night**

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- **Do not eat within 3–4 hours of going to bed**
- **Do not exercise heavily right before bedtime, but a leisurely walk after eating is good**

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- **Drink plenty of water in the daytime, but avoid drinking in the evening**
- **Avoid caffeine and alcohol**

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- **Have a relaxing routine before going to bed**
- **Do not read or watch TV in bed**

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- **Make your room as dark as possible with no night lights—Especially important for shift workers**
- **Have windows open with ability to circulate fresh air if possible**

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- **Lay on your back, close your eyes, and do not move around. If you do this, you will usually be asleep within 15–20 minutes maximum**

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- **If you do not immediately fall asleep, do not get up to do something else as is often recommended.**
- **Just keep your eyes closed and continue to lie still, and after a few nights of this routine, you will retrain your brain to fall asleep.**

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- **I lie down and sleep; I wake again, because the Lord sustains me Psalm 3:4-6**
- **In vain you rise early and stay up late, toiling for food to eat – for He grants sleep to those he loves. Psalm 127:1-3**

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- **The sleep of a laborer is sweet
Ecclesiastes 5:12**
- **When you lie down you will not be
afraid; when you lie down your
sleep will be sweet. Proverbs 3:24**