Sleep Hygiene

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Workshop outline

- Sleep Psycho-education: nature of sleep
  - Stages of Sleep
- Effects of lack of sleep
- Insomnia
  - reasons behind poor sleep
- Sleep Disturbing Factors
- Sleep Hygiene: strategies to improve sleep
"Now sleep as you would at home!"
Sleep Psychoeducation: 
*Nature of Sleep*

- Basic function of sleep: rest, recovery and homeostasis.
- Sleep serves a restorative purpose, both psychologically and physiologically.
- Sleeping less than 6.5 hours or more than 9 hours is associated with 1.7 x greater mortality and risk of disease.
- More than 40% of adults have sleep complaints
  - ‘Feeling unrested’
  - ‘Difficulty falling asleep’
- Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, mood, concentration, memory, work performance, and getting along with others.
Stages of Sleep

1. Light sleep – drowsiness, occasional muscle twitching 5-15mins

2. Heart Rate and breathing slows 15mins

3. Delta sleep – Body begins to make repairs 30-70mins

4. Body temperature and Blood Pressure decrease

5. REM sleep – Muscles relax, increase in HR, temperature, BP, breathing, eye movement, dreaming. REGENERATION STATION
Stages of Sleep

✧ 5 Levels of sleep
  ✧ Non-rapid-eye-movement sleep (NREM)
    Little-no dreaming
    Body temperature drops, breathing, heart rate becomes regular, loses muscle tone, lowered awareness of external environment.
  ✧ Rapid-eye-movement sleep (REM)
    Dreams
    Electrical activation of the brain, very relaxed muscles, body becoming immobile, energy to brain and body to support daytime performance
Stages of Sleep

✧ **NREM**
   ✧ Occurs during 75% of sleep time, and
   ✧ Can be further broken down into 4 stages:

✧ **Stage 1:**
   ✧ This stage is light sleep, between being awake and falling asleep

✧ **Stage 2:**
   ✧ This stage is the onset of sleep, when the person begins to become disengaged from their surroundings.
   ✧ Body temperature drops and breathing and heart rate become regular.

✧ **Stages 3 & 4 (Delta sleep):**
   ✧ These stages are the deepest and most restorative sleep, known as ‘delta sleep’ -
   ✧ Stage 3 is a transition into Stage 4, or ‘true delta.’
   ✧ During these stages, blood pressure drops, breathing becomes slower, muscles are relaxed and receiving more blood supply, tissue growth and repair occurs, and hormones are released (including growth hormone, which is why growing teenagers need to sleep more).
Stages of Sleep

- **Stages 3 & 4 (NREM)** is most involved with restoring the body and physical energy.
- **REM** sleep is most important for restoring mental function.
- **REM** sleep occurs for about 25% of the night.
- Dreams often occur during REM sleep, although they can occur at any stage.
I am determined to go to sleep...
Effects of lack of sleep

- The average sleep duration for adults is 7-8.5 hours per night.
- Some people function well with 4-5 hours and others require 9-10 hours.
- Lack of sleep or poor sleep quality can have effects including:
  - Poor attention, concentration and memory
  - Irritability and other mood disturbances
  - Impaired judgement and reaction time
  - Poor physical coordination (dangerous for driving)
  - Higher risk of depression and anxiety
- The seriousness of these effects depends on how bad the sleep deprivation is (e.g. less sleep vs. no sleep; one night’s poor sleep vs. chronic problems) and the tasks and responsibilities of the day.
- If you have ongoing problems with sleep, it is important to seek help.
How well do good sleepers sleep

✧ Take less than 30 minutes to fall asleep
✧ Will wake up once or twice during the night.
✧ It is unrealistic to expect to fall asleep immediately in bed or to never wake up at all during the night.
✧ Everybody will have a night now and then when it takes them a long time to get to sleep.
✧ This is often triggered by a stressful event and will usually pass after a night or two.
✧ Similarly, everybody will have a night now and then when they find it difficult to get back to sleep after waking in the middle of the night.
What is Insomnia?

Primary insomnia is more than just transient sleep difficulties, it is persistent problems with sleep, lasting for more than one month, and may include:

- Difficulty falling asleep - also known as onset insomnia
- Waking up on and off during the night - also known as middle insomnia
- Waking up very early and not returning to sleep
- Unsatisfactory sleep quality
"No wonder you have insomnia . . . lying there awake all night."
Insomnia

❖ The most common psychological health problem
❖ It has been estimated that 15-30% of the adult population suffers from insomnia,
❖ Twice as many women as men suffering.
❖ Insomnia becomes more common as we get older
❖ Most of us experience problems with sleep at some point in our lives, generally when under stress,
❖ When your problems with sleep have lasted for more than one month or if you cannot get a good night’s sleep without sleeping pills.
Causes of Insomnia

- There is a wide range of factors which may contribute to insomnia:
  - Respiratory problems such as sleep apnea
  - Restless legs or twitching legs during sleep
  - Pain
  - Side effects of medications
  - Alcohol - leads to more fitful, less refreshing sleep
  - Caffeine and nicotine
  - Severe anxiety or depression
  - Stressful life events
  - Habits such as daytime napping
  - Dependence on sleeping medication
Factors disturbing sleep

- **Biological**
  - High arousal, medical problems

- **Drugs**
  - Prescribed, over-the-counter, social

- **Psychological**
  - Stress, crises

- **Conditioning**
  - Expecting/anticipating sleeping problems

- **Bad sleep habits**
  - Eating, drinking, stimulating activities or irregular bed times
Many drugs interfere with sleep, including sleeping pills.

Sleeping drugs put you to sleep, however:
- They reduce lower sleep levels
- Cause disturbed sleep
- Shortens REM sleep periods
- Causes frequent early waking
Sleep Hygiene Tips

1. Get regular
2. Sleep when sleepy
3. Get up & try again
4. Avoid caffeine & nicotine
5. Avoid alcohol
6. Bed is for sleeping
7. No naps
8. Sleep routines
9. Bathtime
10. No clock-watching
11. Use a sleep diary
12. Exercise
13. Eat right
14. The right space
15. Keep daytime routine the same
Sleep Routine

1. **Morning**: Wake up at the same time each day. Move into sunlight – melatonin reduction

2. **Afternoon**: Low-fat diet – circadian rhythm

3. **Evening**: Exercise 3hrs before bed – increase body temperature → deeper sleep. Eat several hours before bed to allow metabolisation.

4. **Night**: No electronics, no intense stimulation, low lighting – melatonin increase. Toilet, teeth, bed 30 mins before.
David's biological clock fails him again.
Questions/Comments/Feedback