

Sleep Basics

SupportLinc Employee Assistance Program (EAP)

Penn State Health



Disclaimer

The general views, thoughts and opinions expressed in this presentation are expressly those of the presenter. The presentation is intended to provide general tips, advice and coping skills, and may not entirely pertain to your circumstance or you as an individual in a professional or clinical capacity. For specific advice on your unique situation, please reach out to a licensed financial or clinical professional for a confidential, one-on-one consult. CuraLinc Healthcare and the presenter are not held responsible or liable for any consequences or damages due to an individual taking action based on the information presented herein.

Objectives

This training is designed to help you:

- Discuss the physical and mental benefits of good sleep
- Determine daily habits that promote sleep
- Identify ways to improve the sleep environment
- Explore techniques for relaxation and dealing with insomnia
- Examine hormonal differences around sleep

Physical benefits

- Plays a key part of living a healthy life
- Strengthens the immune system
- Helps to maintain a healthy weight
- Restores and refurbishes minds, bodies and spirits
- Improves appearance, eyes and skin



Mental benefits



- Clearer thinking during the day
- Enhanced mood
- Less stress
- Improved memory/concentration
- Higher creativity levels
- Reduced accident risk
- Reduced risk of depression

Healthy habits

- Use bright lights at your workstations
- Minimize your shift changes, when possible, so that your body's biological clock can adjust to a night-time work schedule
- Get rid of sound and light distractions in your bedroom during your daytime sleep
- Eat a healthy diet
- Avoid using sugar and caffeine as your source of energy. Can cause a delayed crash.
- Limit alcohol, especially right before you sleep
- Quit smoking
 - Nicotine is a stimulant
- Limit naps to increase total amount of sleep at one time
- Exercise
 - Get 20-30 minutes of exercise daily
 - Avoid strenuous exercise a few hours before bedtime

*****NEVER DRIVE DROWSY OR TIRED*****



Good sleep habits

Keep a consistent rest schedule, limit number of consecutive shifts

Get up at the same time each day, even on weekends

Aim for at least 7-9 hours of uninterrupted sleep

Become familiar with your signs and symptoms of fatigue

Avoid stressful situations or arguing with loved ones

Your sleep environment



- Attend to bedding
 - Mattress
 - Pillows
- Have dark curtains to block out daytime light
- Keep the room temperature comfortable
- Avoid non-sleeping activities in bed
 - Watching TV, paying bills or doing work-related paperwork



Your sleep environment continued

- Keep light and outside noises to a minimum
 - Replace TV with soft music, fan or other “white noise”
- Keep the room well-ventilated
- Use a humidifier
- Use an air purifier if you have allergies

Bedtime routine

Drink hot herbal tea, warm milk or warm water

Read or listen to books on tape

Work a simple puzzle or an easy knitting pattern

Listen to relaxing music

Wear sleepwear that is comfortable

Use the bathroom

Nap Basics

10-20 Mins

The Power Nap

Helps boost energy and alertness. Limited to the lighter stages of non-rapid eye movement. NREM. Easily wake up refreshed

30 Mins

Hangover Nap

Causes grogginess like a hangover. This lasts up to 30 mins after waking up before you notice any benefits of this nap.

60 mins

Memory booster

May cause some grogginess however its beneficial in improving memory. Allows you to better remember names, facts and faces.

90 Mins

Super Nap

Full cycle of sleep. May include REM which is linked to the dream stage. Improves creativity, emotional, and procedural memory. Easy to wake up with out being groggy.



Aromatherapy

- Smells (aromas/fragrances) count
- Lavender/lavender products are a natural relaxant
- Two studies show the benefits of lavender
 - Wesleyan University study
 - Johnson & Johnson study



Relaxation techniques

- Deep breathing
- Meditation
- Visualization
- Journaling
 - Writing down those things you can't get out of your head
 - Making lists of things you're worried about/need to do that keep you up.



Dealing with insomnia

Get up and try a relaxing activity until you feel drowsy

Keep your mind calm and relaxed

Avoid negative thoughts about your sleep patterns

Determine if any medications you are on affect sleep

Avoid prescribed sleep medications

Discuss serious sleep disorders with your physician

Female hormonal sleep issues

Did you know?

- Women are twice as likely as men to have difficulty falling or staying asleep
- The average shuteye of women between the ages of 30 and 60 is 6 hours, 41 minutes
- Insomnia is most common sleep complaint of women
- 30 percent of women who also work outside the home report sleep problems
- Women over the age of 40 experience more sleep problems than younger women

Good news!

- Women's sleep disorders have received more attention from the medical and pharmaceutical industries in recent years.



What affects women's sleep?

Hormonal changes

- Pregnancy
- Pre-menstrual periods (PMS)
- Peri-menopause
- Post-menopause

External factors

- Expectations
- Stress
- Illness
- Lifestyle
- Sleep environment

Symptoms



- Trouble falling asleep
- Trouble staying asleep for long periods of time
- Trouble waking up
- Sleepiness during work hours

Treatment for women

Ensure you've maximized your sleep behavior:

- Environment
- Routines
- Relaxation techniques
- Overall lifestyle

Then consider:

- Natural remedies
- Medication
- Sleep study



Sleep for males

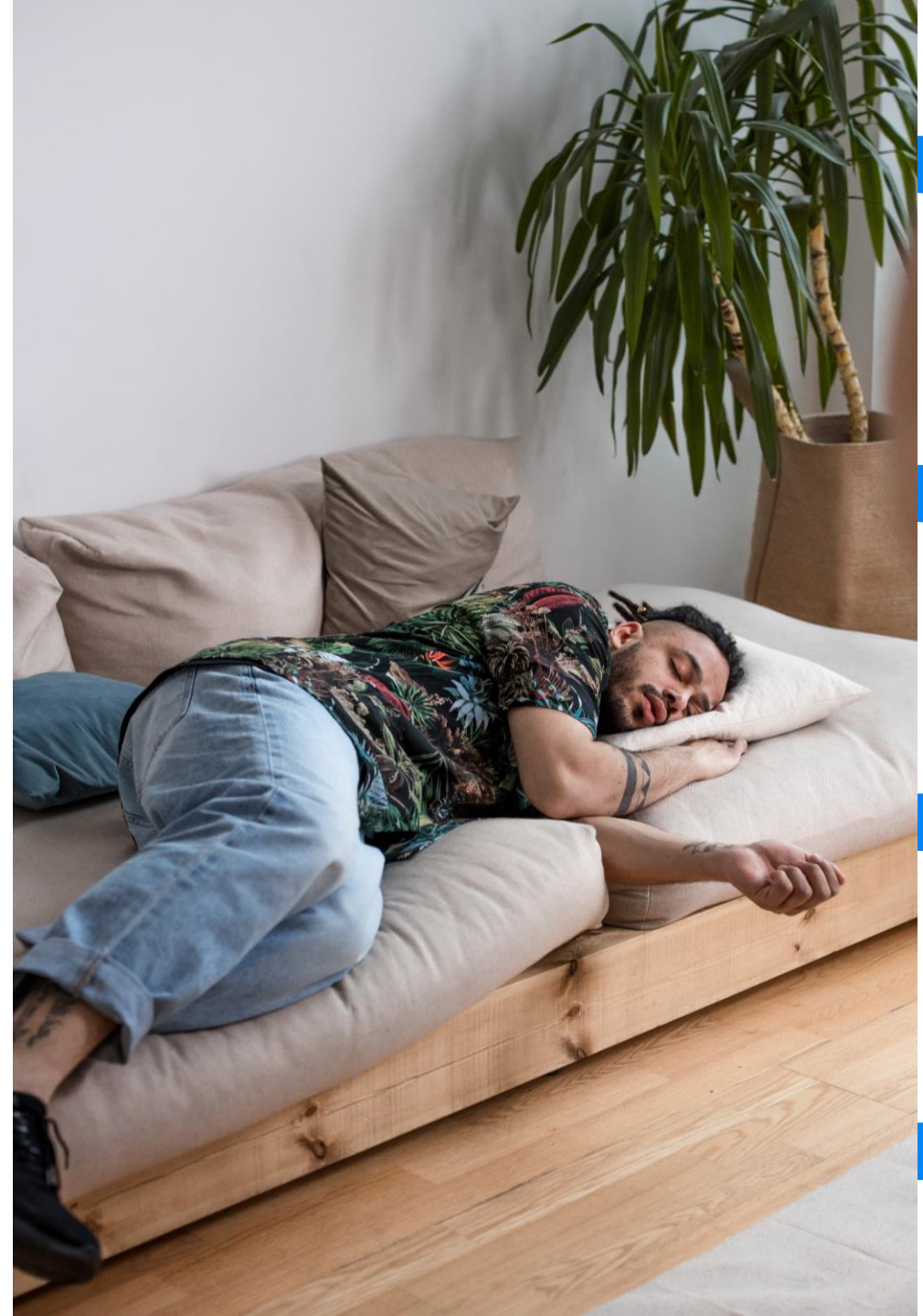


- Men in their 40s and 50s are more prone to insomnia, sleep apnea and changes in sleep/wake sequences
- There's a connection between sleep apnea and high blood pressure, diabetes, obesity, strokes and other health problems

Getting a good night's sleep

Tips for men to sleep soundly:

- Relax before bedtime
- Follow your regular bedtime routine every time you go to sleep
- Minimize unhelpful stress
- Exercise
- Eat healthy
- Avoid alcohol and caffeine overload



The good news

- Sleep disorders CAN be detected and prevented, if you talk to your doctor about your concerns
- It might result in a sleep study which could determine/diagnose anything that would respond to treatment
- Be sure to address your sleep disorders, or worries about sleep patterns with your doctor



We all need sleep



Rebuttals for arguments against sleep:

- I don't have time
 - Leverage your work
- I'm not tired when it's time to sleep!
 - Increase your activity level
- I'm one of the people who needs less sleep.
 - Really?

Deep breathing relaxation



Practice exercise

More resources

www.bettersleep.org

www.apa.org/topics/sleep

<https://sleepfoundation.org>

<https://www.thensf.org/>

Interactive toolkits

Mindfulness

www.mindfulness.tools

Practical tools and exercises for incorporating mindfulness into everyday life.

Meditation

www.meditate.tools

Easy-to-use collection of resources that includes guided meditations, tip sheets and more.

Resiliency

www.resiliency.tools

Skill development resources to help you 'bounce back' from challenging situations.

Sleep fitness

www.sleepfitness.tools

Information and resources to help you learn good sleep habits and achieve healthy sleep.

What is SupportLinc?

The SupportLinc Employee Assistance Program (EAP) is a health benefit, separate from your medical insurance, offered by your employer to help you manage life's daily challenges.

SupportLinc can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.

What services are included?

Work-life benefits



Legal consultation

Free in-person or telephonic consultation with a licensed attorney

No employment law



Dependent care referrals

Expert referrals to child and adult/elder care providers, facilities and other resources



Financial consultation

Expert guidance and consultation from financial professionals



“Convenience” referrals

Guidance and referrals to a variety of daily living resources: home improvement, entertainment services, pet care, auto repair, wellness, travel, handymen, volunteer opportunities etc.



Identity theft consultation

Free consultation with an identity theft recovery professionals

Tailored recovery action plan

Getting started



Call: 1-888-881-LINC (5462)



QR Code:



Visit: www.supportlinc.com



Log in or create account
(code: psh)

SupportLinc

Support for everyday issues. Every day.



**OFFICIAL
ATTEMPT**

Mindfulness

M I C R O B R E A K

Help set a **GUINNESS WORLD RECORDS™** title

Join us live on July 23, 2024

8am PT | 9am MT | 10am CT | 11am ET | 4pm BST



Scan the QR code or visit
mindstreamlive.com
to learn more.



Additional resources

Do you feel exhausted, but then climb into bed and lie awake? Or wake up multiple times throughout the night? Perhaps you sleep all night but then feel tired all day? Taking too long to fall asleep, waking up frequently or feeling sleepiness during the daytime are sure signs that you are experiencing poor sleep.

Whether this is a recent occurrence or has been happening for a while, there are some simple, but highly effective ways you can improve your sleep. Healthy sleep can help you improve your mental health, sharpen your memory and focus and promote personal safety. While you rest, your body is completing a number of vital tasks to help you function at your best.

What is sleep?

Sleep was long considered just a block of time when your brain and body shut down. Thanks to sleep research studies done over the past several decades, it is now known that sleep has distinct stages that cycle throughout the night in predictable patterns. Your brain and body functions stay active throughout sleep, but different things happen during each stage. For instance, certain stages of sleep are needed for us to feel well rested and energetic the next day, and other stages help us learn or make memories.

How much sleep is enough?

Sleep needs vary from person to person, and they change throughout the life cycle. Most adults need 7-8 hours of sleep each night. Newborns, on the other hand, sleep between 16 and 18 hours a day, and children in preschool sleep between 11 and 12 hours a day. School-aged children and teens need at least 10 hours of sleep each night.

Some people believe that adults need less sleep as they get older, but there is no evidence to show that older people can get by with less sleep than younger people. As people age, however, they often get less sleep, or they tend to spend less time in the deep, restful stage of sleep. Older people are also more easily awakened.

Why sleep is good for you – and skimping on it isn't

Does it really matter if you get enough sleep? Absolutely! Not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

- **Performance:** We need sleep to think clearly, react quickly, and create memories. In fact, the pathways in the brain that help us learn and remember are very active when we sleep. People who are taught mentally challenging tasks do better after a good night's sleep, and sleep is needed for creative problem solving. Skimping on sleep has a price. Cutting back by even one hour can make it tough to focus the next day and can slow your response time. When you lack sleep, you are more likely to make bad decisions and take more risks. This can result in lower performance on the job or in school and a greater risk for a car crash.

Additional resources

- **Mood:** Sleep affects mood. Insufficient sleep can make you irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who chronically lack sleep are also more likely to become depressed.
- **Health:** Sleep is also important for good health. Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease and other medical conditions.

In addition, during sleep, your body produces valuable hormones. Deep sleep triggers more release of growth hormone, which fuels growth in children and boosts muscle mass and the repair of cells and tissues in children and adults. Another type of hormone that increases during sleep helps the immune system fight various infections. This might explain why a good night's sleep helps keep you from getting sick, and helps you recover when you do get sick.

Hormones released during sleep also control the body's use of energy. The less people sleep, the more likely they are to be overweight or obese, to develop diabetes and to prefer eating foods that are high in calories and carbohydrates.

5 keys to better sleep

Sleep is as vital to humans as eating and breathing. The [5 keys to better sleep](#) is an excellent place to jumpstart healthy sleeping habits:

1. **Body Sync.** Learn strategies to maintain your body's natural sleep cycle and create a consistent sleep-wake routine.
2. **Light.** See how to influence your exposure to light during waking hours to improve your chance of getting a good rest.
3. **Exercise.** Find out how moving your body can help you unwind. Plus, learn the best time of day or night to time your fitness activities.
4. **Nutrition.** Discover the dos and don'ts of eating and drinking before bed.
5. **Environment.** Explore ways to create the optimal environment to fall asleep and stay asleep.

Making good, quality rest a priority in your daily routine will have a positive impact on your emotional, mental and physical wellbeing. Visit the [sleep fitness toolkit](#) for additional resources including guided meditations, tip sheets, helpful apps and more.

For further resources, please go to your portal and use the search bar to type in "Sleep Basics Flash Course."

Moving ahead



What did you get out of today's presentation?

Which concepts are working in your life and why?

Who can be a support for you to make change?

Which concepts are *not* working in your life and why?

What 3 ideas are going to be the most helpful for you?

How can you support someone else with change?

What can you do in the next 24 hours to apply these concepts?

What are your biggest barriers for change?