

Sleep

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Who needs sleep?

Adults? Children?

We all need to get proper sleep at night,
but children need more sleep than adults.

How much do we need?

Adults should get at least 7 hours (or more) of sleep at night.

Children ages 6-18 should average 9-12 hours of sleep a night.

Benefits of Sleep for Children

- According to a study conducted by the Mayo Clinic, children who get the recommended amount of sleep each night have better health, improved attention spans, behavior, learning, memory, mental and physical health, as well as better control over their emotions.



Benefits of Sleep for Adults



IMPROVED
CONCENTRATION/PRODUCTIVITY



REDUCES YOUR RISK OF
DISEASES/HEALTH ISSUES



IMPROVES YOUR IMMUNE
SYSTEM



BOOSTS MEMORY



SUPPORTS WEIGHT
MANAGEMENT

Risks of Not Getting Enough Sleep

- The Mayo Clinic's study for adults who do not get enough sleep at night have a greater risk of:
 - Poor Overall Health
 - Weight Gain
 - Increased Risks for:
 - Diabetes
 - High Blood Pressure
 - Heart Disease
 - Stroke
 - Depression

Sleep Deprivation Risks



AFFECTS YOUR OVERALL COGNITIVE ABILITIES (MEMORY, CONCENTRATION, DECISION MAKING, ETC.)



REDUCES YOUR REACTION TIME



AFFECTS YOUR EMOTIONS AND YOUR ABILITY TO CONTROL THEM



Sleep Stages

- There are two phases of sleep that we experience:
 1. Rapid Eye Movement (REM)
 2. Non-rapid Eye Movement (Non-REM)
- We rotate through these stages approximately every 80-100 minutes

Non-REM Sleep

- This cycle of sleep has three stages:
 - Stage 1: transition from wakefulness and sleep
 - Lighter sleep/easily awakened, muscles start to relax, slow eye movements
 - Stage 2: asleep
 - Eye movements stop, slower brain waves
 - Stage 3: deep sleep
 - Mostly the first half of the night
 - Deep sleep, harder to wake up, muscles are relaxed, heart and breathing rates are slow

REM Sleep



One stage of sleep during this cycle



Your brain is active during this stage



Eyes move rapidly



Breathing, heart rate and blood pressure are irregular



Arm and leg muscles are temporarily paralyzed



Dreaming typically happens during this stage



This stage usually occurs later in the night



Colder temperatures decreases REM sleep

Aging Effects



Cells in the brain that promote sleep decline with age



Conditions like Alzheimer's disease speeds up the loss of sleep cells in the brain



This affects your ability to stay asleep



Older adults typically sleep less and wake up earlier

Factors Affecting Your Sleep

- There are many things that can affect your ability to get a good night's sleep
- Some of these include:
 - Stimulants: caffeine, pain relievers, decongestants, nicotine
 - People who suffer from chronic asthma or bronchitis
 - Psychological disorders such as: schizophrenia, bipolar, anxiety disorders
 - Hormones
 - Lifestyle factors like overeating or strenuous exercise right before bed
 - Sleeping environment



Tips for a Good Night's Sleep

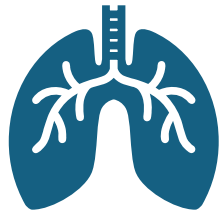
- Stick to a schedule
 - Go to bed and wake up at the same time (or close to it) every day
- Exercise at least 30 minutes a day
- Avoid stimulants such as: nicotine and caffeine
- Avoid alcohol before bed
- Don't eat a large meal right before bed
- No napping after 3 p.m.
- Give yourself time to unwind and relax before bed
- Create a good sleeping environment (no distractions in your room such as bright lights, hot temperatures, noises, uncomfortable bed/pillow)



Sleep Disorders

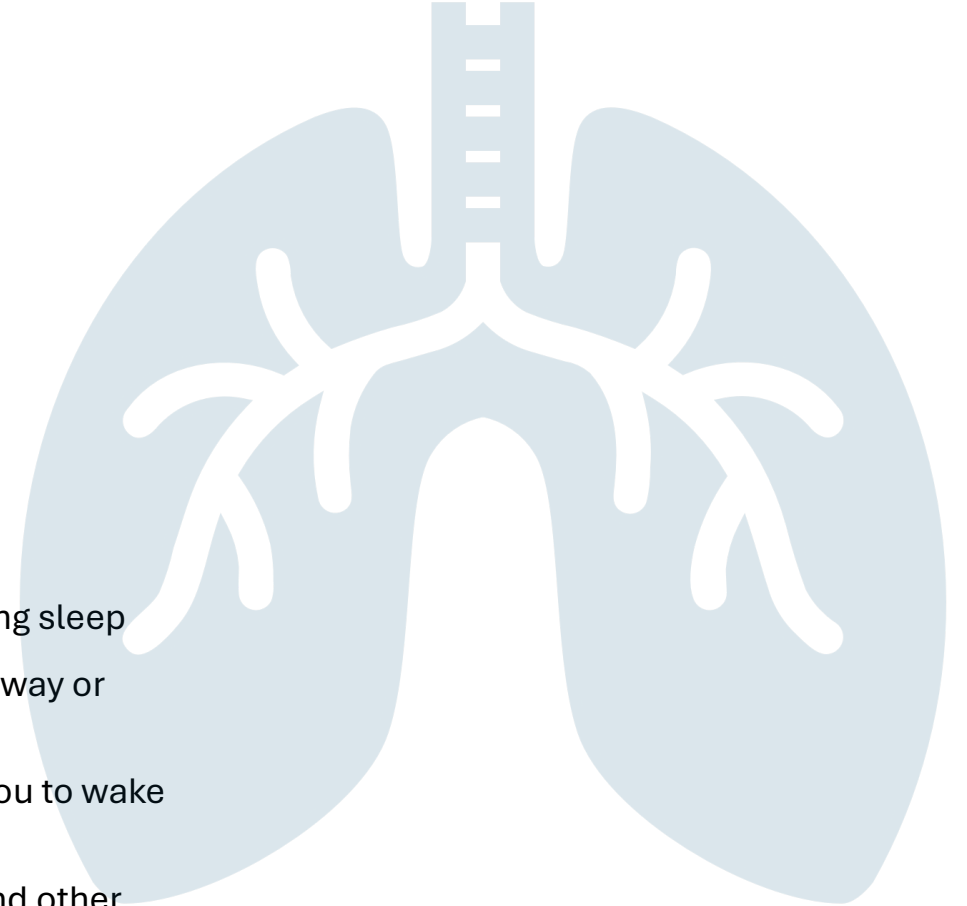
A woman with dark hair is lying in bed, looking towards the camera with a slight smile. She is wearing a light-colored, long-sleeved button-down shirt. In the background, a man is sleeping peacefully in a bed with a white metal headboard. The scene is set in a bedroom with soft, warm lighting.

- More than 70 sleep disorders affect Americans
- If you experience three or more of the following, you should talk to your doctor:
 - Takes you longer than 30 minutes to fall asleep
 - You're awake multiple times throughout the night and struggle to fall back asleep
 - You wake up too early in the mornings
 - Not feeling rested after 7-8 hours of sleep
 - Falling asleep within 5 minutes of taking a nap or you fall asleep unexpectedly throughout the day
 - You snore loudly, snort, gasp or make choking sounds in your sleep
 - You stop breathing for short periods of time during your sleep
 - You require the use of stimulants to stay awake during the day
 - You feel paralyzed when you wake up
 - Your legs have a tingling/creeping/crawling feeling that are relieved by movement or massage in the evenings or when you're trying to fall asleep



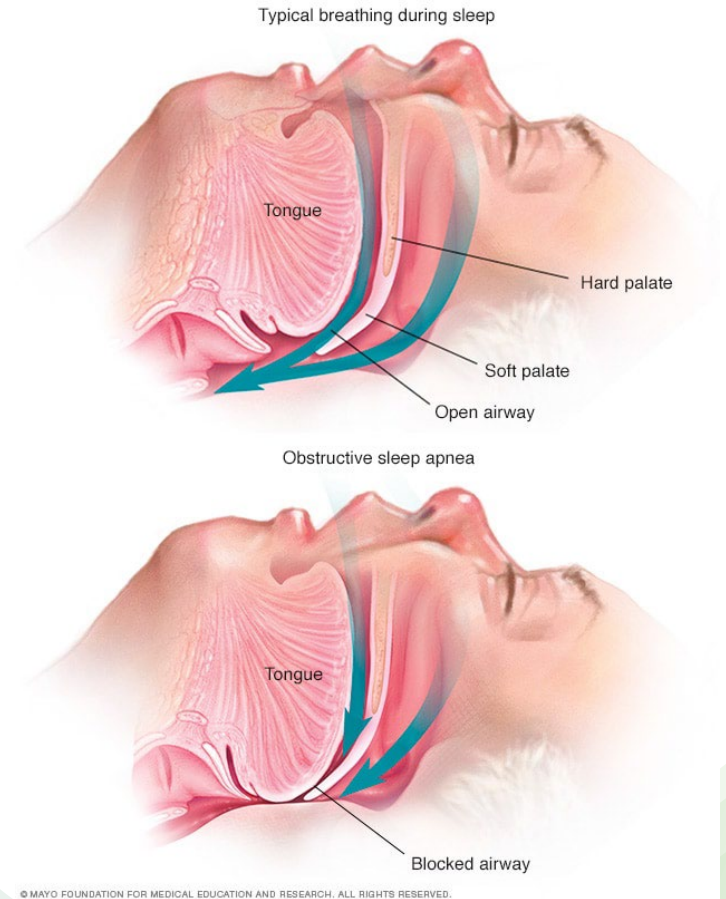
Sleep Apnea

- Common condition that causes you to stop breathing during sleep
- Caused by a blockage (obstructive sleep apnea) in your airway or because your brain can't properly control your breathing
- Results in a lack of oxygen (central sleep apnea) causing you to wake up enough to start breathing again
- This puts stress on your heart and prevents restful sleep and other health effects



Obstructive Sleep Apnea

- Can affect anyone at any age
- Increased risk as you get older
- Obesity/Overweight
- More common in black, Hispanic, or Asian decent



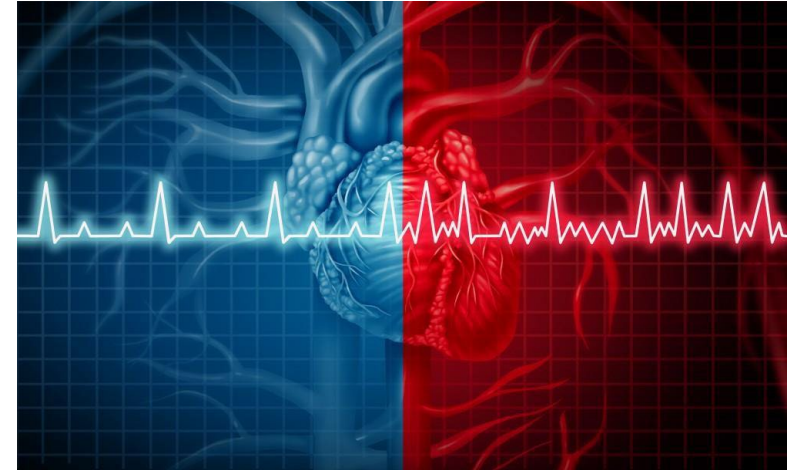


Central Sleep Apnea

- People who use opioid pain meds
- Over the age of 60
- Heart conditions such as: atrial fibrillation or congestive heart failure
- Living in a high altitude

Complications of Sleep Apnea

- Damage to your heart muscle
- Arrhythmias such as atrial fibrillation
- Sudden cardiac death where you experience a severe arrhythmia that stops your heart
- Fatigue/drowsiness during the day that can cause you to fall asleep while driving your car or operating heavy machinery



What to do if you think you have sleep apnea?



Talk to your doctor about any of the symptoms you are experiencing



If sleep apnea is suspected, a sleep study will be conducted

Most are done at a medical facility, but can be performed at home

Possible Sleep Apnea Treatments



Non-medical treatments
such as: weight loss,
sleep aids, nasal sprays,
medication changes



Ventilation devices



Mouthpieces



Nerve stimulators



Surgery



Medications



Conclusion

- Sleep disorders can affect your quality of life and put you at risk for multiple health issues
- If you think you may have a sleep disorder, you should contact your doctor to discuss any symptoms you may be experiencing
- Practice good sleeping habits

References

www.mayoclinic.org

www.health.ucdavis.edu

www.heathline.com

www.nhlbi.nih.gov

www.clevelandclinic.org

