

# NIGHT NIGHT SLEEP TIGHT

## Lunch and Learn Handout & Resources



### Sleep 101 – The Science of Sleep

There are two types of sleep:

**NREM** – A very relaxed type of sleep that gets progressively deeper.

- Deep sleep is essential for restoring energy and allowing the body to undergo maintenance.

**REM** – A very active type of sleep where the brain is almost as active as if it was awake.

- This internal mental processing is believed to help to process memories and form new skills. The brain is awake, but the body isn't, so it's the perfect time for your brain to re-organize the vast amount of thoughts gained during the day.

### Did You Know?

Sleep is almost as important as eating and breathing! A lack of quality sleep affects the immune system, increases the risk of chronic disease, impacts brain cognition, productivity, mood, weight gain, and appearance.

### Top 8 Tips for Better Sleep

1. **Neutralize Noise:** Soothing white noise covers noise which may keep you up at night. Use a fan, air conditioner or basic ear plugs.
2. **Avoid Long Naps:** To avoid trouble falling asleep at night, keep naps to 10-15 minutes.
3. **Block the Clock:** Don't watch the hours pass. It causes stress. Turn the clock away.
4. **Keep the Bedroom a Sanctuary:** Remove televisions and digital devices (laptops, phones, tablets) and keep the room for peace and relaxation.
5. **Set your Body Clock:** Go to sleep and wake up at the same time every day, including weekends. A healthy sleep-wake cycle makes it easier to fall asleep and sleep soundly through the night.
6. **Don't Toss & Turn:** If you can't fall asleep within 15-20 minutes, move to another room and try reading a calming book until you feel drowsy.
7. **Skip the Smoke:** Nicotine is a stimulant, just like caffeine. While working on your quitting strategy, smoke fewer cigarettes in the evening hours.
8. **Keep Pets Out of the Bed:** A pet's movements or allergies can prevent you from settling into the deep sleep you need.

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### Ideal Evening Snacks

- Cherries
- Bananas
- Warm Milk/Beverage
- Jasmine Rice
- Nuts & Seeds
- Chamomile Tea

### Pre-Bedtime No No's

- Heavy Fats
- Heavy Protein
- Caffeine
- Alcohol
- Spicy Foods



### Better Sleep Checklist

With these tips under your belt, here is a handy checklist to help put you on the path to blissful, restful sleep. See how many you can check off in the next 30 days!

- I went to sleep and woke up at about the same time every day this week.
- I made my bedroom dark, quiet and comfortable.
- I didn't eat a big meal close to bedtime any night this week.
- When I couldn't sleep, I got up and read a book.
- I took the computer and TV out of my bedroom.
- I didn't take a nap today.
- I moved my pet out of my bed.
- I brought up any sleep worries at my last medical check-up.
- I tried to stick to a relaxing bedtime routine most nights this month.
- I didn't drink caffeine before bed any night this week.
- I exercised almost every day this month, but not close to bedtime (with exception of yoga and tai chi).
- I started a worry journal this month.
- I tried to get at least 7 hours of sleep every night this week.
- I didn't drink any alcohol last night. I wore sunscreen and spent some time in the sunlight today.

### Lunch and Learn Resources

<http://healthysleep.med.harvard.edu/need-sleep/whats-in-it-for-you/mood>  
<http://www.sleepforall.com/types-of-sleep.htm>  
[http://www.health.harvard.edu/press\\_releases/importance\\_of\\_sleep\\_and\\_health](http://www.health.harvard.edu/press_releases/importance_of_sleep_and_health)  
<https://academic.oup.com/eurheartj/article/32/12/1484/502022>  
<http://www.architalbiol.org/aib/article/view/15293>  
<https://link.springer.com/article/10.1007%2Fs11325-011-0583-0>  
<https://link.springer.com/article/10.1007%2Fs00221-011-2605-3>  
[http://media.cleveland.com/health\\_impact/other/Lauder%20Sleep%20Skin%20Study%202013%20IID%20Poster%20%202013%20final.pdf](http://media.cleveland.com/health_impact/other/Lauder%20Sleep%20Skin%20Study%202013%20IID%20Poster%20%202013%20final.pdf)  
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>  
<https://academic.oup.com/sleep/article/41/10/zsy144/506740>