

BETTER BEDTIME

BUILDING A SLEEP STRATEGY



TODAY'S FOCUS...

- Understanding the science of sleep
- Learn some sleep basics
- Review effective tips for improving sleep quality

The Science of Sleep

Are you getting enough sleep?

- Experts recommend 7 to 9 hours of quality sleep each night

BUT...

30% of adult Canadians are sleep deprived

The first step to better sleep is understanding it...



Types of Sleep

- Sleep is prompted by natural cycles of brain activity consisting of two basic sleep types:
 - NREM (Non-REM)
 - REM (Rapid Eye Movement)



Types of Sleep

NREM

VS

REM

75-80% of Total Sleep

DURATION

20-25% of Total Sleep

Very Active

BRAIN ACTIVITY

Much Less Active

Not Active

MUSCLE ACTIVITY

Active

No Change

CHANGES WITH AGE

Decreases with Age

Unable to Regulate

BODY TEMPERATURE

Able to Regulate

Present

EYE MOVEMENT

Not Present

The Sleep Cycle

Stage 1

Light sleep & can be easily awakened.

Lasts 5-15 minutes

Stage 2

Breathing, brain activity, and heart rate slow down.

Lasts 10-60 minutes

Stage 3

Deep sleep starts. Hormones are released to repair.

Lasts 20-40 minutes

Stage 4

Very deep sleep. Body temp and blood pressure decrease.

Lasts 30 minutes

Stage 5

Brain waves speed up and dreams occur. Heart rate up.

Usually reached 90 minutes after going to sleep

NREM

REM

Sleep Basics

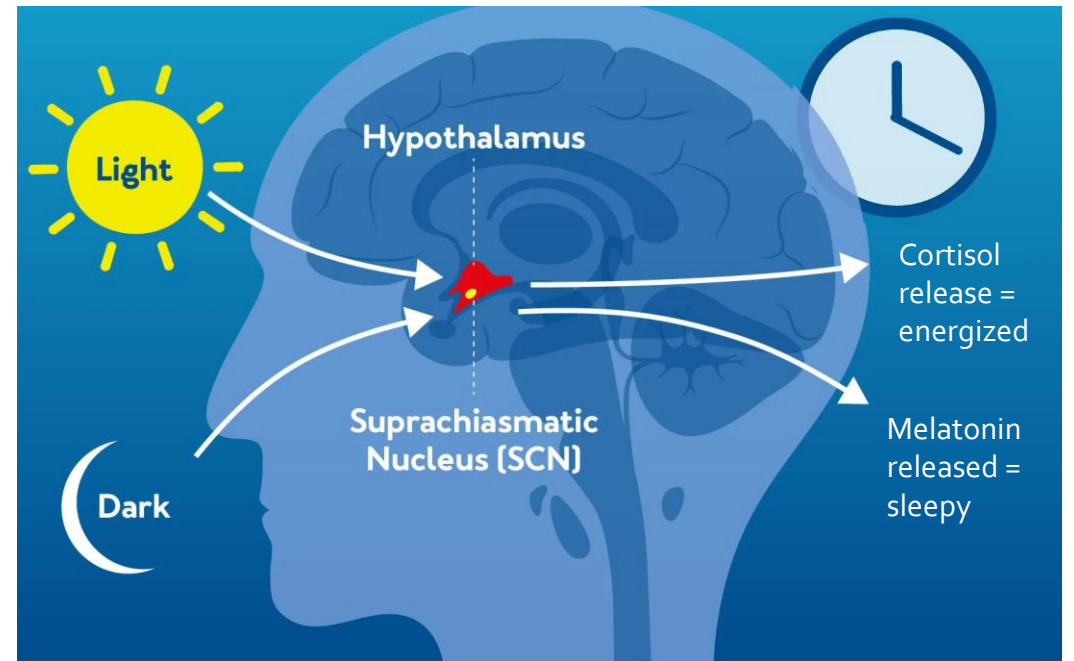
Seeing the Light

Human sleep is regulated by exposure to light or darkness



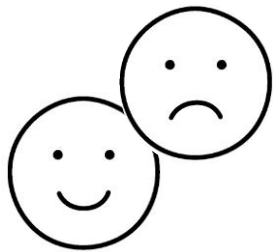
Seeing the Light

- Light stimulates a nerve pathway from the retina to the hypothalamus
- The SCN responds to light or dark and signals brain areas that control functions that make us feel sleepy or awake
- At first daylight, the SCN begins to raise body temp and release stimulating hormones like *cortisol* and delays the release of *melatonin*



The Importance of Sleep

Lack of sleep can have significant impact on your health and wellness



Affects
mood and
emotions



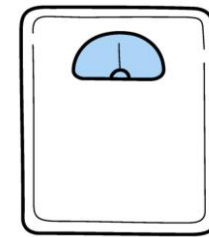
Suppresses
immune
function



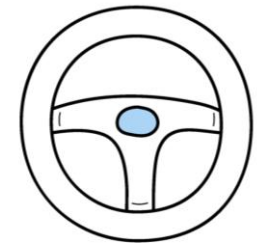
Increases
risk of
chronic
illness



Impacts
cognition
and brain
function



Can lead to
weight gain



Increases
likelihood of
accidents

Tips for Better Sleep

From Counting Sheep to Better Sleep

What can
HURT



Light



Noise



Tech

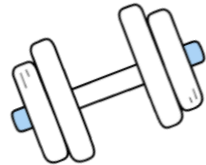


Alcohol



Caffeine

What can
HELP



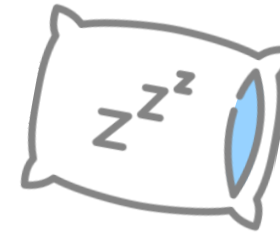
Exercise



Sleep
Schedule



De-stress
Strategies



Limit
Naps



Proper
Diet

From Counting Sheep to Better Sleep

- Create an environment that promotes sleep by keeping the room dark and free of bright lights
 - Consider blackout curtains, sleep mask
 - Remove electronics - they produce blue light, which disrupts melatonin production
 - Avoid bright lights and screens 2 hours before bedtime



From Counting Sheep to Better Sleep

- Sounds that don't wake you can still increase stress and impair the quality of your sleep
 - Neutralize noise with soothing white noise – try a sound machine or use a fan or ear plugs



From Counting Sheep to Better Sleep

- Long daytime naps can interfere with nighttime sleep
 - Keep naps brief – 10-15 minutes all you need
 - Avoid naps late in the day – any sleep within 8 hours before bedtime can sabotage a good night's rest



From Counting Sheep to Better Sleep

- Reinforce your body's sleep-wake cycle by sticking to a sleep schedule
 - Go to sleep and wake up at the same time every day – even weekends
 - If you can't fall asleep, don't toss and turn – leave your bedroom and do something relaxing. Go back to bed when you're tired and try again.



From Counting Sheep to Better Sleep

- Regular exercise has been shown to improve sleep quality, so make time to move!
 - Finish vigorous exercise 3 to 4 hours before bedtime
 - Gentle exercise like stretching, yoga, and tai chi are perfect for a pre-bedtime routine



From Counting Sheep to Better Sleep

- Create a bedtime routine to help you de-stress and calm your body and mind
- Engage in activities that bring you calm and relaxation
 - Read – use low lighting!
 - Meditate or pray
 - Write in a gratitude journal
 - Listen to soft music
 - Take a warm bath

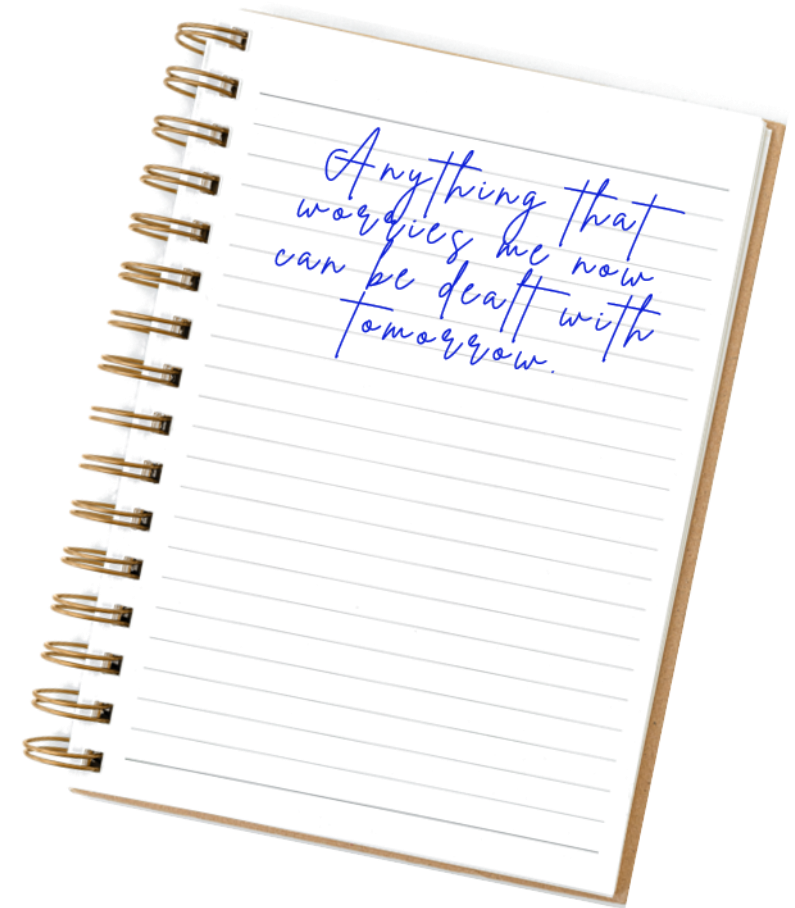


For the Worrywarts

Learning how to set thoughts aside when it's time to rest can help your well-being and your sleep quality

Consider keeping a *worry journal*

- One hour before bedtime, jot down your nagging thoughts and worries
- If you know how to resolve them, add those as well
- Now, close the book and tell yourself: *I will worry about this in the morning*



Foods can Help or Hinder Sleep

- Don't go to bed hungry, but...
 - Stop eating one hour before bedtime and keep portions small so your body can complete digestion before it's time to sleep
 - Avoid nicotine, caffeine and alcohol, which stimulate the body – they take hours to wear off and can interfere with sleep



Foods that Hinder Sleep



Fat stimulates acid production in the stomach, which can spill into your esophagus, causing heartburn. Avoid heavy, fat-based meals close to bedtime!



Protein makes your digestive system work harder. High-protein meals means your body has to focus on digestion rather than sleep. Keep protein portions small and light: beans, nuts, hummus.



Caffeine is a well-known stimulant and should be avoided after noon so your body has time to rid it from your system. You'll find caffeine in coffee, tea, chocolate, and energy drinks.

Foods that Hinder Sleep



Alcohol may make you sleepy at first, but after the initial effects wear off, it causes frequent waking and less restful sleep.



Spicy Food like curry and chili can raise your metabolism and body temperature when it should be slowing down. Avoid spicy foods 3 to 4 hours before bedtime.

Foods that Help with Sleep



Cherries are one of the few natural foods with melatonin, the chemical that helps control our body's internal clock.



Bananas can help promote sleep because they contain magnesium and potassium – natural muscle relaxants.



Milk contains tryptophan, the same sleepy amino acid in turkey. It's a precursor to the brain chemical serotonin, which promotes relaxation.

Foods that Help with Sleep



Jasmine Rice is high on the glycemic index, which nutritionists speculate may increase tryptophan production. High glycemic foods cause rapid spikes in blood sugar, so regular consumption should be avoided.



Nuts and seeds are high in calcium and magnesium, which can help sleep issues. Normalizing blood calcium levels can improve REM sleep, and insomnia is often due to magnesium deficiencies.



Chamomile Tea with Honey is calming, caffeine free drink. It contains apigenin, an antioxidant that binds to receptors in the brain that decrease anxiety and induce sleep.

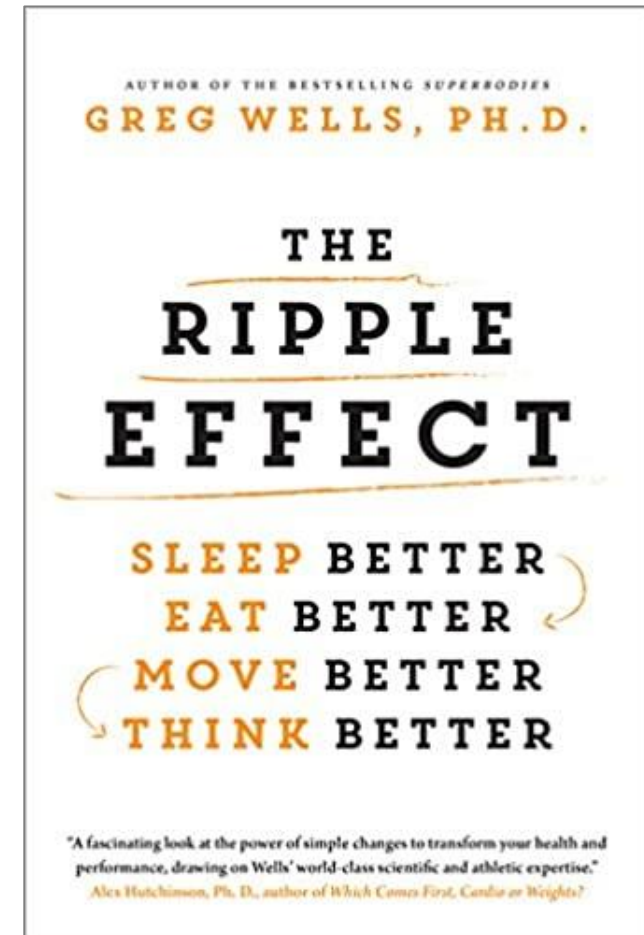
Recommended Read

The Ripple Effect By Dr. Greg Wells

Sleep better and you'll eat better. Eat better and you'll move more. And if you move more, you'll sleep better and ultimately think and feel better.

This is the ripple effect of good health and high performance. And it's also why you don't have to make major changes or sacrifices in your life: with an improvement of just 1% in your sleeping, eating, exercising, or thinking habits, you'll see dramatic results.

With Greg's easy-to-follow strategies and tips, you can harness the power of the ripple effect and start living better—not just for a few weeks or months, but for life.





*Everything you do, you'll
do better with a good
night's sleep.*

- Arianna Huffington



Thank You for Participating
Questions?

