

# May is Better Sleep Month



# The power of sleep

- Many of us want to sleep as little as possible—or feel like we have to. There are so many things that seem more interesting or important than getting a few more hours of sleep. But just as exercise and nutrition are essential for optimal health and happiness, so is sleep. The quality of your sleep directly affects the quality of your waking life, including your mental sharpness, productivity, emotional balance, creativity, physical vitality, and even your weight. No other activity delivers so many benefits with so little effort!

# The sleep-wake cycle

- Your internal 24-hour sleep-wake cycle, otherwise known as biological clock or circadian rhythm, is regulated by processes in the brain that respond to how long you've been awake and the changes between light and dark.

# The sleep-wake cycle cont.

- At night, your body responds to the loss of daylight by producing melatonin, a hormone that makes you sleepy. During the day, sunlight triggers the brain to inhibit melatonin production so you feel awake and alert.

# Sleep wake cycle cont.

- This sleep-wake cycle can be disrupted by factors such as nightshift work, traveling across time zones, or irregular sleeping patterns, leaving you feeling groggy, disoriented, and sleepy at inconvenient times.

# Sleep wake cycle cont.

- The production of melatonin can also be thrown off when you're deprived of sunlight during the day or exposed to too much artificial light at night, disrupting the sleep-wake cycle and preventing you from getting the sleep you need.

# Understanding sleep

- Sleep isn't merely a time when your body and brain shut off. While you rest, your brain stays busy, overseeing a wide variety of biological maintenance tasks that keep you running in top condition and prepare you for the day ahead. Without enough hours of restorative sleep, you're like a car in need of an oil change. You won't be able to work, learn, create, and communicate at a level even close to your true potential. Regularly skimp on "service" and you're headed for a major mental and physical breakdown.

# Myths and Facts about Sleep

- **Myth 1: Getting just 1 hour less sleep per night won't affect your daytime functioning.** You may not be noticeably sleepy during the day. But even slightly less sleep can affect your ability to think properly and respond quickly, and compromise your cardiovascular health, energy balance, and ability to fight infections



# Myth 2

- **Your body adjusts quickly to different sleep schedules.** Most people can reset their biological clock, but only by appropriately timed cues—and even then, by 1–2 hours per day at best. Consequently, it can take more than a week to adjust after traveling across several time zones or switching to the night shift.

# Myth 3

- **Myth 3: Extra sleep at night can cure you of problems with excessive daytime fatigue.** Not only is the quantity of sleep important but also the *quality* of sleep. Some people sleep 8 or 9 hours a night but don't feel well rested when they wake up because the quality of their sleep is poor

# Myth 4

- **You can make up for lost sleep during the week by sleeping more on the weekends.** Although this sleeping pattern will help relieve part of a sleep debt, it will not completely make up for the lack of sleep. Furthermore, sleeping later on the weekends can affect your sleep-wake cycle so that it is much harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings.

# How many hours of sleep do you need?

- While sleep requirements vary slightly from person to person, **most healthy adults need between 7.5 to 9 hours of sleep per night to function at their best.** Teens and preteens (12 to 18 years) need between 8.5 to 10 hour of sleep per night.

# Symptoms of Sleep deprivation

- Sleepiness
- Mood Changes
- Difficulty Concentrating and Impaired Performance
- Memory and Thinking Problems
- Disorientation, Hallucinations, and Paranoia
- Somatic Complaints

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THOUGH CLOSELY RELATED  
TO THE BOOGIE MAN, KIDS NEVER  
GOT TOO WORRIED ABOUT A  
VISIT FROM THE BOOGER MAN.

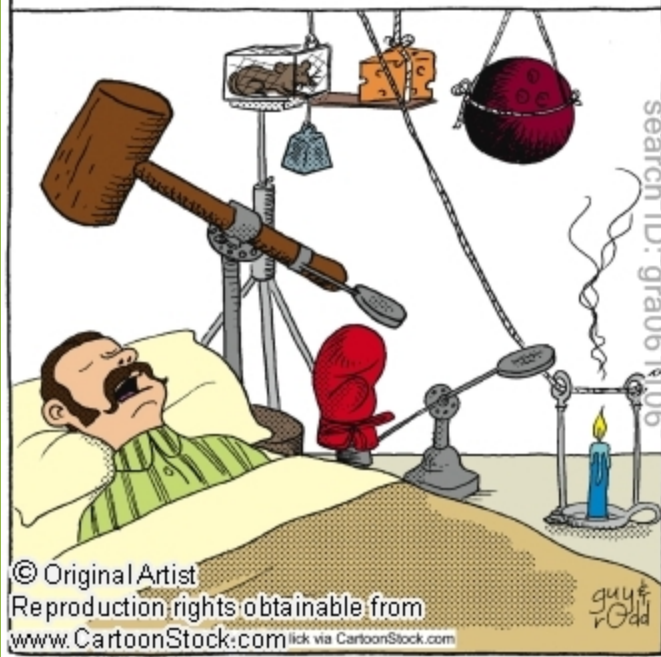


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THOUGH THE R-331 WAS USED  
EXACTLY ONE TIME, IT IS  
STILL GENERALLY RECOGNIZED AS  
THE WORLD'S FIRST ALARM CLOCK.



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# Sleep tips

- Create a room that is dark, quiet, comfortable and cool for the best possible sleep.
- Keep work materials, computers and televisions out of the bedroom
- Exercise regularly, but complete workouts at least two hours before bedtime.

# Sleep tips Cont.

- **Avoid nicotine** (e.g., cigarettes). Used close to bedtime, it can lead to poor sleep.
- **Avoid caffeine and alcohol** (e.g., coffee, tea, soft drinks, chocolate) close to bedtime.

