Sleep for Success

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“Sleep debt is the most important factor in the quality or excellence of psychological and cognitive function.”

William Dement
People awake for up to 19 hours have worse performance & alertness than those with a blood alcohol level of .08 %. 
4 hours sleep vs. 8 hours
(in those who need 8 hours)

- impaired judgment
- slower recognition & response time
- decreased awareness & attention
- more mistakes
- uncontrolled sleep attacks in 50%
Chronic exhaustion and sleepiness can lead to:

- mood changes - irritable, depressed, less able to enjoy relationships
- accidents
- decreased ability to work – impaired memory, concentration, and ability to accomplish daily tasks
- decreased productivity
- decreased immune function
- increased risk of heart disease, stroke, depression, and gastrointestinal problems
- impaired glucose tolerance
- lower morning levels of cortisol
- lower growth hormone levels
- lower leptin levels  (will now crave carbs)
There is a remedy for these declines in our physical, cognitive, and intellectual abilities…

SLEEP!
Sleep:

- boosts energy & vitality
- elevates mood, diminishes anxiety
- increases patience & compassion
- enhances learning & memory
  - increased speed and accuracy in motor tasks, auditory & language tasks, etc.
- makes us smarter & more creative
  - twice as likely to find the hidden rule
increases attention span
allows us to be physically relaxed & mentally alert at the same time

This is the ideal state for learning.

*Lack of sleep* dramatically affects higher learning and application . . .

- problem solving
- abstract thinking
- connecting information and applying it
Promoting Better Sleep

- good health
- sleep strengthening behaviours

(Richard Bootzin)

- relax the body
- relax the mind
Adult sleep architecture, from Ancoli-Israel, S. (1996) *All I Want Is A Good Night’s Sleep*.
Sleep Thieves
...slow wave sleep is disrupted by:

- noise (even when not awakened)
- sleep apnea
- pain, gastroesophageal reflux, depression
- caffeine, alcohol, sugar
- some medications
- long naps
- mental activation
Sleep Expectations

**MYTHS:**

- I’ve got to fall asleep right away.
- I’ve got to have 8 hours of sleep.
- I’ve got to sleep through the night without awakenings.
- I’ve got to have full energy from my sleep.
Maxman’s “Big Mistake”

“Oh no! Not again! Shucks!!!”

activating thoughts and self-talk about sleep
activating emotions
“It’s not not sleeping that leads to exhaustion, it’s worrying about not sleeping that leads to exhaustion.”
Clear the mind

- Unwind half an hour before bed
- Permission to sleep *rest*
- Plan to deal with distractions…
- PARK IT
- Curb worry
- Replace chatter with constructive relaxation or a neutral activity
Release tension from body

- Relax the jaw and eyes

- Try DeGood’s “BMW” approach (breathing, muscles, warmth)
Summary
Promoting Better Sleep

good health

sleep strengthening behaviours

relax the body

relax the mind

(Richard Bootzin)
Good Lifestyle Habits

- exercise daily
- avoid caffeine after lunch
- avoid alcohol within 2 - 3 hours of bed
- avoid smoking within 4 hours of bed
- soundproof the bedroom
- naps? (keep them short: 10 – 30 minutes)
Bootzin’s Sleep Behaviours

- Go to bed when geared down
- Get up at the same time every day
- Avoid watching the clock
- Naps? Keep them short.
- Have a bedtime routine
  - prior to bed
  - in bed
- Associate bed with sleep & rest
Practice for 3 – 4 weeks.

It’s not what you know,
But what you do!
The next Better Sleep Program begins
JANUARY 29

For information visit
www.SelfRegulationSkills.ca
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What is my goal when I get in bed?

to REST
You can tell when you are about to fall asleep.

True or false?

false
What is the most dangerous activity for night shift workers?

The drive home after their shift.
Caffeine before driving home will overcome the effects of drowsiness. True or false?

false
What stage of sleep restores and energizes?

slow wave sleep (SWS)
How can I increase / improve my slow wave sleep?
SWS can be enhanced by:

- curtailing time awake in bed
- regular, active aerobic exercise
- avoiding alcohol, caffeine, etc.
- decreasing cortisol (stress) and
  a busy brain before bed