

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

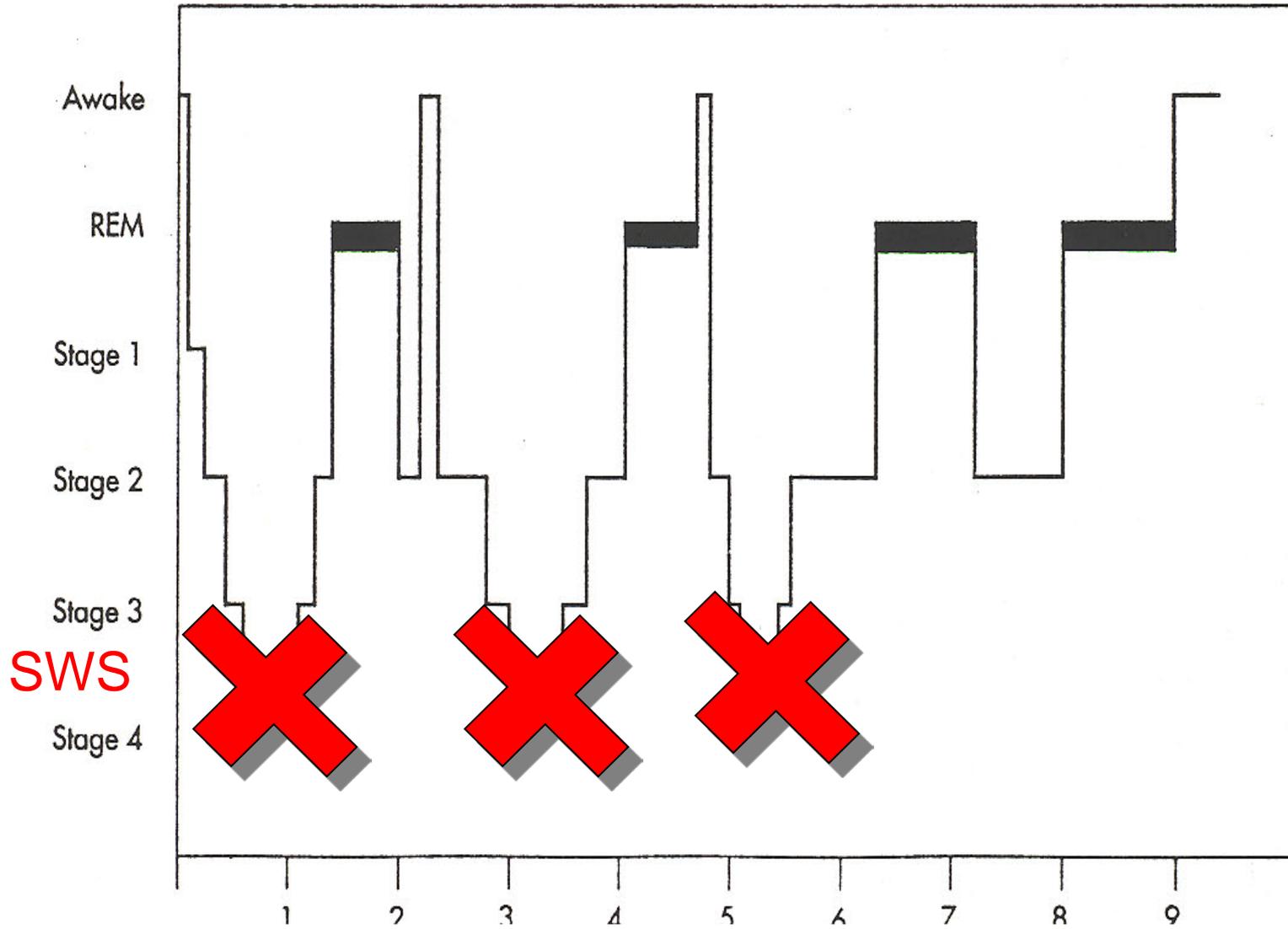
- 🌸 good health
- 🌸 sleep strengthening behaviours

(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 :

Younger Adults



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

(Richard Bootzin)

- 🌸 relax the body
- 🌸 relax the mind

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

Stress Management and High Performance Clinic



<http://stressmartuog.wordpress.com>



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QUIZ

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