

Improve Your Sleep Habits

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Snack up On Sleep

Written by: Brittney Seck, Dietetic Intern

Yale-New Haven Hospital

Why is sleep important?

- Sleep deprivation changes the amounts of hormones produced by our bodies. These hormonal changes lead to increased appetite and weight gain.
 - Ghrelin, the hunger hormone, is increased
 - Leptin, the fullness hormone, is decreased
- Quality Sleep helps with appetite regulation, hormone production, and metabolic processes.

Aim for 7-8 hours of sleep every night!

What Foods Help Us Sleep?

Melatonin is the hormone that our body produces to help us relax and fall asleep. It is released during the night time hours and stops during the daytime. Some foods naturally contain melatonin including:

- Bananas
- Fish
- Mushrooms
- Nuts, especially pistachio
- Orange bell peppers
- Strawberries
- Tart Cherries
- Tomatoes

Melatonin supplements are not recommended at this time, as there is not enough information about their long-term safety. Including foods that contain melatonin can be part of an overall healthy diet!

Peanut Butter “Nice Cream”

Ingredients:

1 medium banana

2 Tbsp. peanut butter

¼ cup low fat or skim milk

Directions:

1. Slice the banana and store in freezer overnight.
2. Blend the frozen banana, peanut butter, and milk in a blender or food processor until smooth.
3. Place in the mixture in to the freezer for one hour then enjoy!

Nutrient Analysis: 322 Calories, 10.4 grams protein, 37.1 grams total carbohydrate

Facts About Sleep



1 Sleep need varies

Different people need different amounts of sleep. Eight and a quarter hours is the average for adults. Some people can cope very well with much less and some need much more every night.

2 Sleep is an active state

We used to think that everything shuts down when we sleep. But over the last 60 years scientists have discovered that our brains are very active while we sleep. In fact, some parts of the brain use more oxygen and glucose while asleep than when awake.

3 Deep sleep happens first

The first three hours of sleep have the deepest stages of sleep (Slow Wave Sleep). Later on in the night we have more of the sleep stage with vivid dreams (Rapid Eye Movement Sleep, REM sleep).

4 Sleep changes in cycles

Sleep changes across the night in cycles of about 90 minutes. There is REM (dreaming) sleep in every cycle, even if only for a short time. We also have very brief arousals many times across the night. We are not aware of most of these arousals and we forget most dreams.

5 A body clock affects our tiredness

The timing of our need for sleep is based on two things. The first is how long we have been awake. The second is our body clock. If we stay awake all night we will feel more tired at 4am than at 10am. Scientists call the time between 3am and 5am the 'dead zone'. It's when our body clock makes us 'dead' tired.

6 Falling asleep can be hard

You cannot make yourself fall asleep – just like you can't digest your food faster. Sleep onset is not something we can control. We can only create the right conditions for sleep – both in our minds and in our environment.

7 Lack of sleep can bring you down

Some people cope with a lack of sleep much better than others. But everyone who is very sleepy loses concentration easily and experiences mood changes. The usual mood changes are feeling more depressed and irritable.

8 Genetics and sleep

We now believe that many aspects of sleep are genetically controlled. Recent breakthroughs may have identified the gene that makes some people cope more easily with a lack of sleep.

9 Why do we sleep?

Scientists don't yet understand exactly why we need sleep so badly. They believe it restores us physically and helps us organise things in our brain. We do know, however, that we can't live well without it.

This information is produced by:

Sleep Health Foundation

ABN 91 138 737 854

www.sleephealthfoundation.org.au

A national organisation devoted to education, advocacy and supporting research into sleep and its disorders

Sleep Disorders Australia

ABN 98 075 427 459

www.sleepoz.org.au

A voluntary group offering assistance and support to people and their families living with sleep disorders

Australasian Sleep Association

ABN 32 172 170 561

www.sleep.org.au

The peak national association of clinicians and scientists devoted to investigation of sleep and its disorders

Disclaimer - Information provided here is general in nature and should not be seen as a substitute for professional medical advice. Ongoing concerns about sleep or other medical conditions should be discussed with your local doctor.

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Sleep Health Foundation ABN 91 138 737 854

114/30 Campbell Street, Blacktown NSW 2148

T: +61 (0) 2 8814 8655 F: +61 (0) 2 9672 3884



SLEEP

Your physical and emotional health depends so much on how rested you are. Sleep is fundamental to a healthy mind and body – getting a good night sleep can make a huge difference in your overall health.

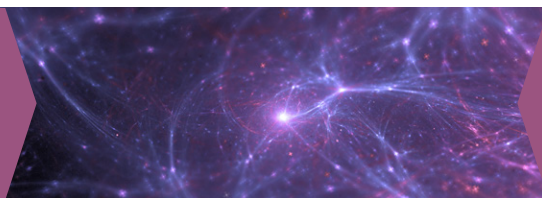
SLEEP AFFECTS THE ENTIRE BODY

It plays a role in our moods, ability to learn and make memories, the health of our organs, how well our immune system works, and other bodily functions like appetite, metabolism, and hormone release.



SLEEP IS IMPORTANT DOWN TO THE CELLULAR LEVEL

Sleep helps the body to re-energize its cells.



It also increases the amount of space between brain cells to allow fluid to flow and clear away toxins.¹

HOW MUCH SLEEP SHOULD YOU BE GETTING?

If you get approximately 8 hours each night, you'll spend about 1/3 of your life asleep. Based on the average U.S. life expectancy², that is 230,680 hours or 26.3 years of sleep in a lifetime.

The amount of sleep you need each night depends on your age. The National Sleep Foundation recommends:³

**NEWBORNS
(0-3 MONTHS)**



**14-17
HOURS**

**9-11
HOURS**



**SCHOOL CHILDREN
(6-13 YEARS)**

**INFANTS
(4-11 MONTHS)**



**12-15
HOURS**

**8-10
HOURS**



**TEENS
(14-17 YEARS)**

**TODDLERS
(1-2 YEARS)**



**11-14
HOURS**

**7-9
HOURS**



**ADULTS
(18-64 YEARS)**

**PRE-SCHOOLERS
(3-5 YEARS)**



**10-13
HOURS**

**7-8
HOURS**



**OLDER ADULTS
(65+ YEARS)**

QUALITY OF SLEEP MATTERS

Good quality sleep means:⁴

Being asleep for at least 85% of the time you are in bed



Falling asleep in 30 minutes or less



Waking up no more than once per night for no longer than 20 minutes



When a person consistently struggles to get enough sleep or good quality sleep, they have a higher risk for health problems like high blood pressure, heart disease, diabetes, depression, and obesity.⁵



Poor quality of sleep can increase the risk of developing mental health symptoms like: manic episodes⁶, a first episode of psychosis⁷, paranoia⁸, anxiety⁹, and depression.¹⁰



Sleep problems affect 50% to 80% of people under the care of a psychiatrist, compared with 10% to 18% of adults in the general U.S. population.¹¹



Among visitors to mhascreening.org who scored moderately to severely depressed, 95% reported trouble falling asleep or sleeping too much at least several days in the past month.¹²

TIPS FOR A GOOD NIGHT SLEEP

Go to bed and wake up at the same time every day—including weekends. This helps to keep your body's natural rhythms running on schedule.

Avoid exercising 2-3 hours before your bedtime. Try to exercise in 30 minute sessions either in the morning or afternoon.

Get out in the sun - getting natural sunlight during the day helps to maintain your body's sleep-wake cycle. Aim for 30 minutes of sun exposure and be sure to wear sunscreen.

Limit caffeine to the morning. The energy-boosting effects of caffeine can take as long as 8 hours to wear off.

Don't eat right before bed - it can cause indigestion and heartburn, which can mess up sleep.

Nap smart. If you need a nap, take it before 3 p.m. and limit it to an hour.

If you can't fall asleep for more than 20 minutes after going to bed, get up and do something calming until you feel sleepy.

Say no to nicotine. The nicotine in tobacco products and vapes is a stimulant, which can keep you up at night.

See a doctor if you always feel tired even after getting enough sleep, or have trouble falling asleep every night.

Some over-the-counter and prescription medications may affect your ability to go to sleep or cause you to sleep for longer than necessary. If you can't avoid medications, talk to your doctor.

Get rid of anything in your bedroom that might distract you from sleep, like noises or bright lights. The light from screens can confuse your body's internal clock.

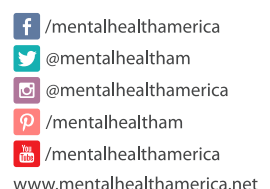
Go easy on the drinks. Drinking too much before bed can make you wake up to go to the bathroom and alcohol gets in the way of reaching the deep and restful stages of sleep.

TAKE THE #4MIND4BODY CHALLENGE!

Join Mental Health America this May as we challenge ourselves each day to make small changes – both physically and mentally – to create huge gains for our overall fitness. Follow us on Facebook, Twitter or Instagram for the challenge of the day and share your successes by posting with #4mind4body.

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, we'll give you information and help you find tools and resources to feel better.

For a complete list of sources, download the complete 2018 May is Mental Health Month toolkit for end notes or visit the corresponding page on our website, www.mentalhealthamerica.net.



AT-A-GLANCE:



Healthy Sleep

Sleep is not just a block of time when you are not awake. Thanks to sleep studies done over the past several decades, it is now known that sleep has distinctive stages that cycle throughout the night. Your brain stays active throughout sleep, but different things happen during each stage. For example, certain stages are needed to help you feel rested and energetic the next day, and other stages help you learn and make memories.

A number of vital tasks carried out during sleep help maintain good health and enable people to function at their best. On the other hand, not getting enough sleep can be dangerous for both your mental and physical health.

How Much Sleep Is Enough?

Sleep needs vary from person to person, and they change throughout the lifecycle. Most adults, including older adults, need 7–8 hours of sleep each night. Children have different sleep needs, depending on how old they are.

Why Sleep Is Good for You and Skimping Isn't

Not only does the quantity of your sleep matter, but also the quality is important as well. How well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

Performance

We need to sleep to think clearly, react quickly, and create memories. In fact, the pathways in the brain that help us learn and remember are very active when we sleep.

Skimping on sleep has a price. Cutting back by even 1 hour can make it tough to focus the next day and slow your response time. Studies have shown that when you lack sleep, you are more likely to make bad decisions and take more risks. This can result in poor performance on the job or at school and a greater risk for an accident or car crash.

Mood

Sleep also affects mood. Insufficient sleep can make you irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who chronically lack sleep are also more likely to become depressed.

Health

Sleep also is important for good health. Studies show that not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of high blood pressure, heart disease, and other medical conditions. In addition, during sleep, your body produces valuable hormones. These hormones help children grow and help adults and children build muscle mass, fight infections, and repair cells. Hormones released during sleep also affect how the body uses energy. Studies find that the less people sleep, the more likely they are to be overweight or obese, develop diabetes, and prefer eating foods high in calories and carbohydrates.



Get a Good Night's Sleep

Like eating and being physically active, getting a good night's sleep is vital to your well-being. Here are a few tips to help you:

- Stick to a sleep schedule—Go to bed and wake up at the same time every day.
- Avoid caffeine and nicotine.
- Don't exercise too late in the day.
- Avoid alcoholic drinks before bed.
- Avoid large meals and beverages late at night.
- Don't take a nap after 3 p.m.
- Relax before bed—for example, take a hot bath.
- Create a good sleeping environment. Get rid of distractions such as noises, bright lights, an uncomfortable bed, or a TV or computer in the bedroom.
- See a doctor if you have continued trouble sleeping.

Talk with your doctor if you suspect you have a sleep disorder, such as insomnia, sleep apnea, restless legs syndrome, or narcolepsy.

Learn More

More information on healthy sleep and sleep disorders is available from the National Heart, Lung, and Blood Institute (NHLBI) Web site at www.nhlbi.nih.gov (under Health Information for the Public). Podcasts and Spanish-language articles also can be found in the online Diseases and Conditions Index at www.nhlbi.nih.gov/health/dci.

You also can order or download information on healthy sleep from the NHLBI Web site or by calling the NHLBI Health Information Center at 301-592-8573 (TTY: 240-629-3255).

Want More Information?

These NHLBI resources will help you get adequate sleep and manage sleep disorders!



Your Guide to Healthy Sleep (#06-5271)

This easy-to-read booklet provides the latest science-based information about sleep, including common sleep myths and practical tips for getting adequate sleep.

In Brief: Your Guide to Healthy Sleep (#06-5800)

Critical messages from "Your Guide to Healthy Sleep" are provided in this easy-to-read fact sheet.



Also of interest:

- **Sleep Disorders Fact Sheets**

The online Diseases and Conditions Index (DCI) has fact sheets on insomnia, narcolepsy, restless legs syndrome, and sleep apnea, as well as information on sleep-related tests and procedures. Download at www.nhlbi.nih.gov/health/dci.

- Visit the **National Center on Sleep Disorders Research**

Web site at <http://www.nhlbi.nih.gov/about/ncsdr/index.htm> for an interactive "sleep IQ" quiz and publications and resources on sleep disorders research.



U.S. Department of Health and Human Services
National Institutes of Health



**National Heart
Lung and Blood Institute**

NIH Publication No. 09-7426
August 2009

To Order: Visit www.nhlbi.nih.gov or email.nhlbi@nih.net or call **301-592-8573**



SHIFTWORK

- People who work shifts often don't sleep as well as those who work set hours during the day.
- During night time work, it may be more difficult to concentrate and make decisions.
- Having enough sleep is important for safe driving.
- Twenty-four hours without sleep is as dangerous as driving with 0.08 blood alcohol content.
- A short nap will boost energy and concentration.
- Keeping to the same schedule is better for the body clock than changing work shifts.
- It is best to go to bed at the same time each day whenever possible.

Note: All words that are underlined relate to topics in the Sleep Health Foundation Information Library at www.sleephealthfoundation.org.au

1. How can shiftwork affect my sleep?

Generally, the body is programmed to sleep best overnight and to be most alert during the day and early evening. If you work night shift, it might not be easy to sleep enough or to sleep well during the day. If you start work very early in the morning, it might be hard to sleep in the evening. The average shiftworker sleeps one hour a day less than someone who doesn't work shifts. Some shiftworkers sleep up to four hours a day less than normal, but this is not common.

2. If I do shiftwork, am I more likely to be tired while I am awake?

Shiftworkers often complain of being tired, both on and off the job. It may be harder to concentrate and be alert while at work. This means there is more danger of accidents at work and on the road, driving to and from work. Sleep loss impairs performance: 17 hours without sleep is as dangerous as having a blood alcohol content of 0.05% and 24 hours without sleep, as dangerous as having a blood alcohol content of 0.08%.

3. Why does this happen?

The human body is designed to be active during the day and rest at night. There are many body hormones that work to keep this in balance. It is not always easy to switch to being active at night and resting during the day.

4. What can I do about it?

- Make time for enough sleep. Shiftworkers have to sleep when others are awake. Social and sporting events can sometimes be rearranged so that shiftworkers can still participate in these activities.
- Try to go to bed at the same time every day and get up at the same time also.
- Try to sleep in peace! Others in the house need to respect the need of the shiftworker to sleep. This may mean removing the telephone from the bedroom and having heavy carpet or curtains in the bedroom to help absorb any noise. Some shiftworkers find that wearing ear plugs to bed helps.
- A fan or "white noise" machine will help to muffle noise.



For other popular helps visit us online at
www.sleephealthfoundation.org.au

- Keep the bedroom cool and dark.
- Avoid caffeine, sleeping pills, alcohol or cigarettes before going to bed.
- If you can, sleep just before going to work. This is better than earlier in the day. If this is not possible, taking a nap before going to work may help.
- Some workers are allowed to take a break during their shift. This time can be used for a short nap.

5. What can my employer do about it?

- Avoid scheduling back-to-back shifts. After working double or triple shifts, the problems only get worse and safety will be reduced.
- Keep each worker on the same shift. The best thing to do is to go to bed at the same time every day. If this is possible, the body will adapt to shiftwork better. If shifts are rotated often, it makes it difficult to develop a good sleep pattern.
- When shifts do rotate, rotate them forwards (morning to afternoon to evening to night) instead of backwards. For example, if someone is working afternoon shift, it is easier for this person to rotate forwards to evening shift than backwards to a morning shift.

- Schedule the heaviest work that requires most concentration during day shifts.
- Schedule breaks during night shifts. This allows tired workers to take a nap.

6. How long should a nap be?

Fifteen minutes is best. Avoid napping for longer than this. When driving, pull over to a quiet spot and put the seat back. After the nap, walk around for 5 minutes to wake up properly before resuming other activities.

7. I am having problems with my sleep. What should I do?

Contact your doctor. There are sleep specialists that can help.

8. Where can I find out more about shiftwork?

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Shiftwork_health_effects

www.betterhealth.vic.gov.au and search for 'Shiftwork'

For information on over 60 different sleep related topics, written by professionals, visit the Sleep Health Foundation Information Library at www.sleephealthfoundation.org.au. The underlined topics in this article are covered in detail there.



Sleep Health Foundation

114/30 Campbell Street, Blacktown NSW 2148
T: +61 (0) 2 8814 8655 F: +61 (0) 2 9672 3884



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ABN 91 138 737 854

www.sleephealthfoundation.org.au

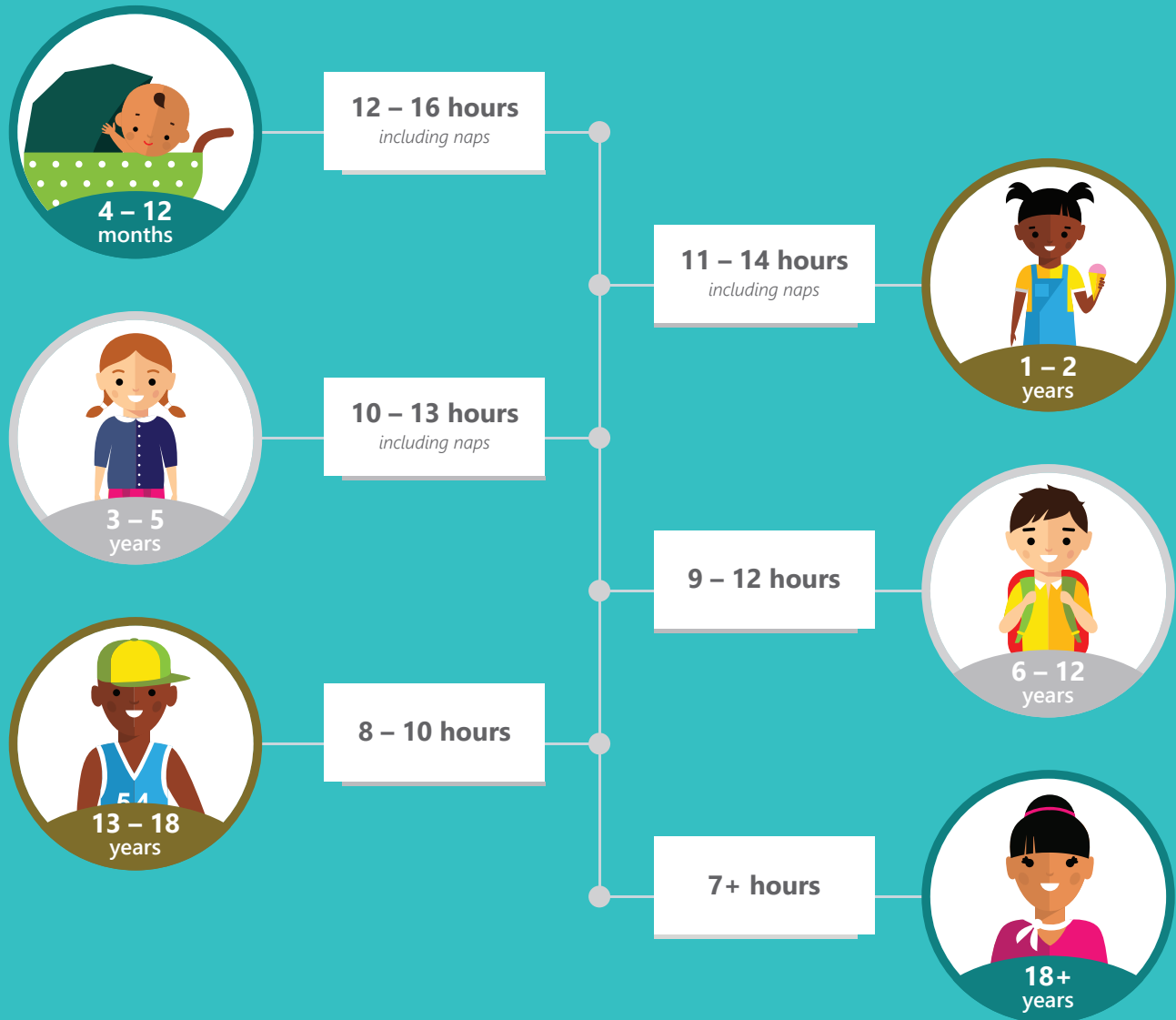
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Healthy Sleep Duration

Make it a priority to get the following hours of sleep on a regular basis for optimal health at each stage of life.



AASM
American Academy of
SLEEP MEDICINE™



Sleep
Research
Society®

SleepEducation.org

TWO WEEK SLEEP DIARY



INSTRUCTIONS:

1. Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation.
2. Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise.
3. Put a line (I) to show when you go to bed. Shade in the box that shows when you think you fell asleep.
4. Shade in all the boxes that show when you are asleep at night or when you take a nap during the day.
5. Leave boxes unshaded to show when you wake up at night and when you are awake during the day.

SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn't get back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7:00 in the morning.

Today's Date	Day of the week	Type of Day Work, School, Off, Vacation	Noon	1PM	2	3	4	5	6PM	7	8	9	10	11PM	Midnight	1AM	2	3	4	5	6AM	7	8	9	10	11AM
sample	Mon.	Work		E					A				I									C	M			

week 1

week 2