



SLEEP SOUNDLY

Brought to you by:
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What is all the fuss about sleep!



Sleep Worksheet Activity

Make sure you have the **WORKSHEET** and **PAPER** available for this presentation!

Directions:

- **Fill in each blank** throughout the presentation.
- Make sure your answers are **correct**



Sleep Statistics

- 13-18 year olds should sleep **8-10 hours** per 24 hours (Paruthi et al., 2016)
- **7 out of 10** (72.7%) students do not get enough sleep on school nights (Paruthi et al., 2016)
- We spend roughly **1/3** of our lives sleeping (Lockett, 2020)
- It takes **4 nights** of good sleep to recover from 1 night of sleep loss, so 1 bad night could take weeks to restore (sleep debt) (Nunez, 2020)
- **21%** of fatal car crashes are due to sleep deprivation (Paruthi et al., 2016)
- **Less than 6 hours** of sleep increases risk of falling asleep while driving by **33%** (Gottlieb et al., 2018)

LEARNING OBJECTIVES

By the end of this presentation, you will be able to...

- Define and understand the importance of sleep and how much sleep is needed at night
- Distinguish aspects of sleep that you may encounter during the night, such as the Stages of Sleep, REM, Dreams, Circadian Rhythm
- Identify sleep disorders, such as Insomnia
- Recognize the effects of Sleep Deprivation on the body
- Identify at least three sleeping strategies to improve sleep at night



Deep Breathing Exercise



What is sleep anyways?

Noun \ 'slēp\ :the natural, easily reversible periodic state of many living things that is marked by the absence of wakefulness and by the loss of consciousness of one's surroundings, is accompanied by a typical body posture (such as lying down with the eyes closed), the occurrence of dreaming, and changes in brain activity and physiological functioning, is made up of cycles of non-REM sleep and REM sleep, and is usually considered essential to the restoration and recovery of vital bodily and mental functions

Merriam Webster Dictionary

**PHYSIOLOGICAL
CHANGES**

**LOSS OF
CONSCIOUSNESS**

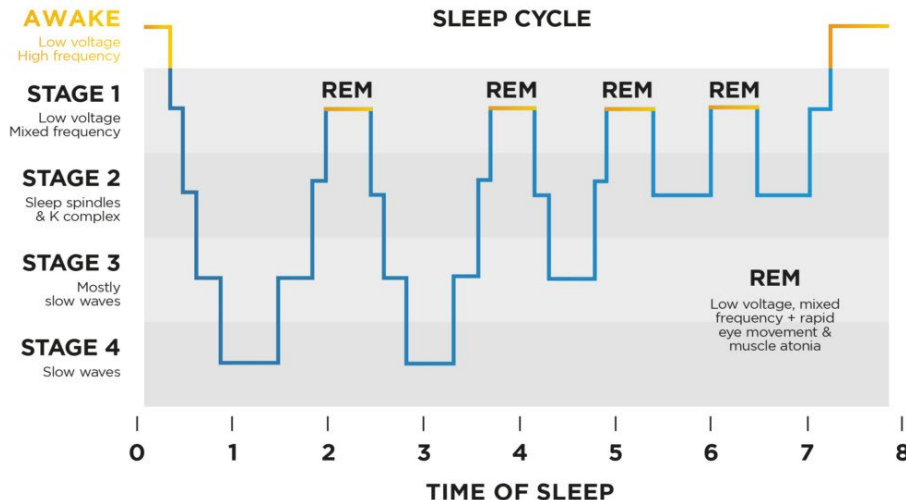
DREAMS

**BRAIN
ACTIVITY**



STAGES OF SLEEP

Each cycle lasts about 90 minutes, and you go through 4-6 cycles each night



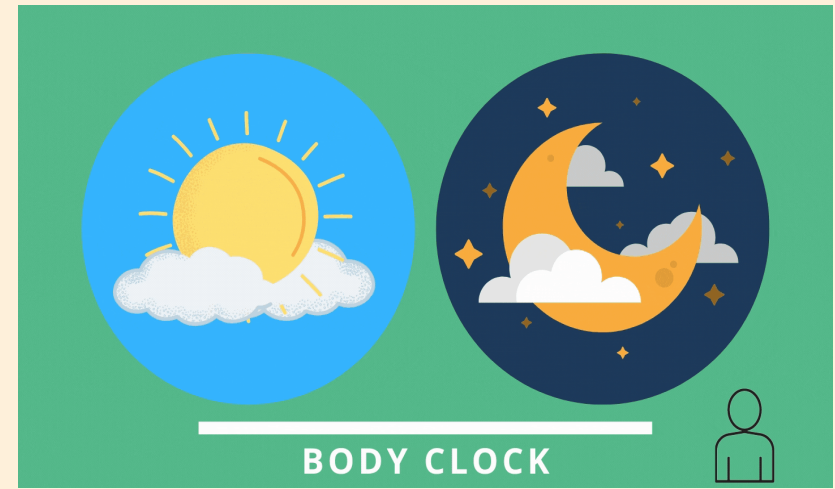
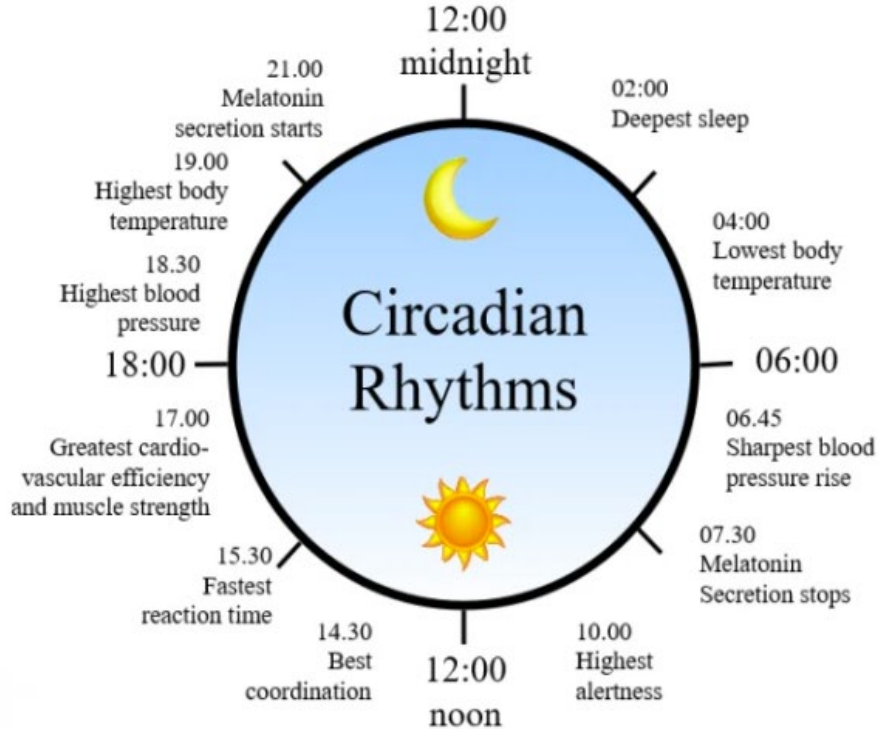
Aspects of Sleep



Dreams



Circadian Rhythms



Circadian rhythm are **24 hour cycles** that are part of the body's internal clock

(Sleep Foundation, 2020).

Disorder of Sleep



Insomnia



Insomnia is a common sleep disorder that can make it hard to fall asleep or stay asleep.

Symptoms:

- You have a hard time initiating sleep
- You struggle to maintain sleep, waking up frequently during the night
- You tend to wake up too early and are unable to go back to sleep
- Your sleep is nonrestorative or of poor quality.

When to seek help?

- Insomnia lasting more than 4 weeks
- Waking up during the night, gasping for breath
- Uncomfortable **sensation** in your legs when trying to sleep
- Changes in
 - **Energy**
 - **Mood**
 - **Appetite**



(Sleep Foundation, 2020)

Sleep deprivation can lead to

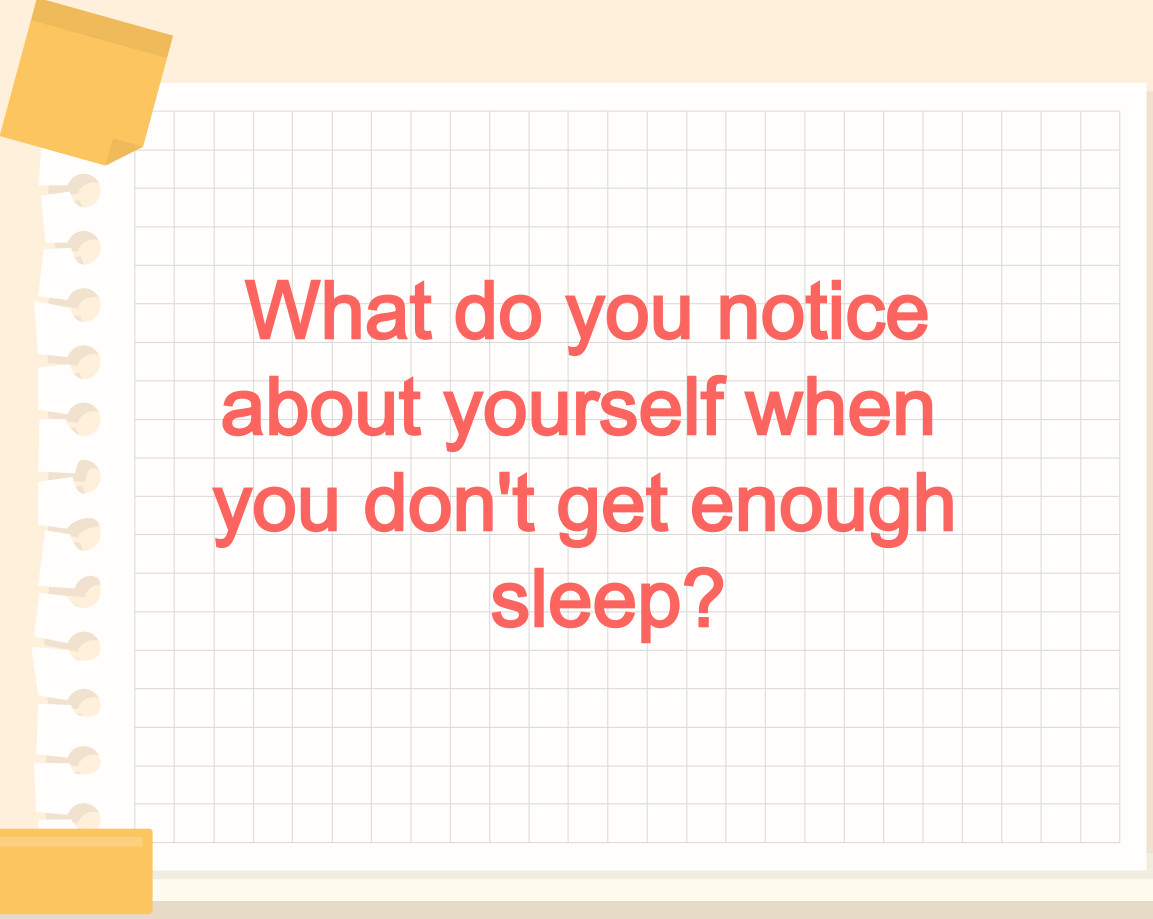
- Memory issues
- Mood changes
- Trouble focusing
- Accidents
- High blood pressure
- Weight gain
- Risk for diabetes
- Weakened immunity
- Risk of heart disease
- Low sex drive
- Poor balance



Poor School Performance

- **Decreased attention**
- **Impaired memory**
- **Slower processing**
- **Worsened sequential thinking**
- **Reduced creativity**
- **Poor decision making**
- **Hyperactivity**



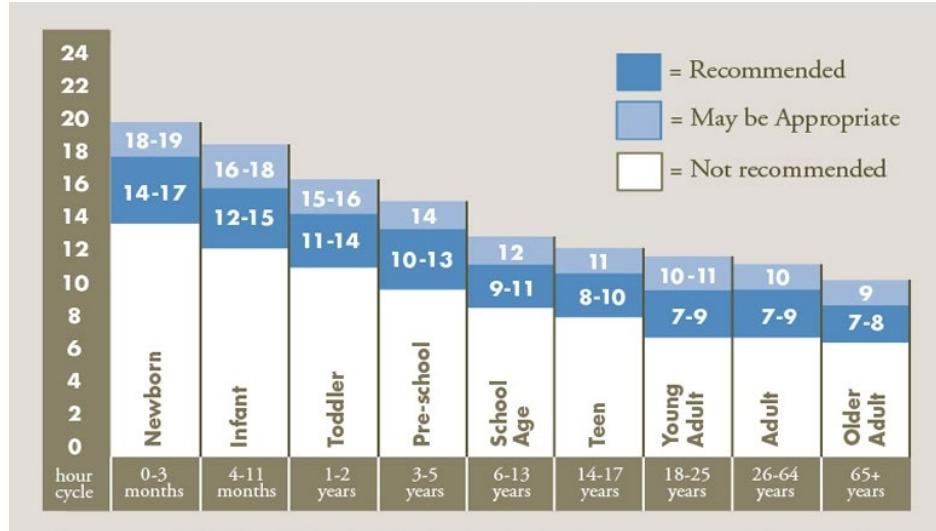


What do you notice
about yourself when
you don't get enough
sleep?





Can teens sleep too much?





Impact of drugs, alcohol, and caffeine on sleep

- Caffeine is a stimulant that can reduce sleep time and affect your “slow wave sleep”
- Studies show that caffeine intake 6 hours before you sleep can reduce overall sleep by one hour
- It takes 6 hours just for half of the caffeine you had in the day to be out of your system
- Smoking, alcohol, and drugs can negatively impact your REM sleep
- Alcohol can help with sleep initially but can cause disturbances in the second half of your sleep period
- Long term drinking and drug intake can cause daytime sleepiness and lower quality sleep as well



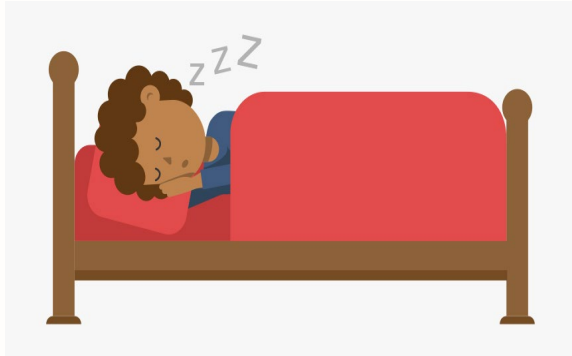
Why it matters?

- Getting enough sleep = performing your best
- Sleep is key to teens main areas of performance:
 - School/ grades
 - Sports
 - Developing
 - Relationships
 - Decision making
 - Driving
- Long term deprivation can cause health problems



True or False

1. Teenagers can sleep too much
2. Caffeine right before you sleep can help increase sleep time by 1 hour
3. Sleep deprivation increases the risk of accidents
4. Not getting enough sleep can negatively affect school performance



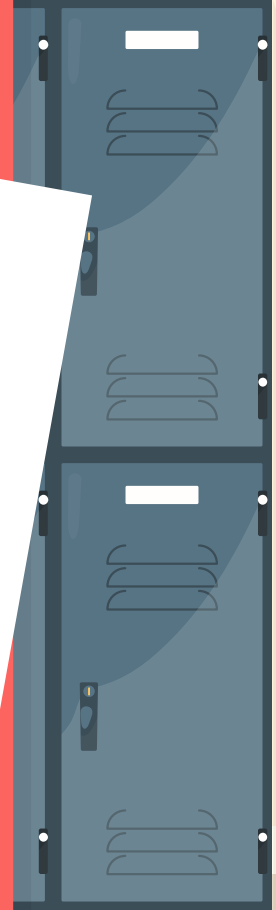


What can
you do to
have better
sleep?

Sleeping Strategies

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Here's some tips that can
improve your sleep now!





Tips to Improve Sleep

Sleep Preparation During the Day

- Consume **Caffeine and Energy drinks** **earlier** in the day
- **Eat** larger meals **earlier**
- Keep your **Naps** **short, less than 20 mins**



(Suni, 2020, 2020)





Tips to Improve Sleep

Pre-Bedtime Techniques

- Wind down for 30 mins
- Lowering the Lights
- Disconnect from Devices (Cellphones, Tablets, Laptops, etc.)
- Keep your bedroom Cool, Dark, and Quiet



(Suni, 2020, 2020)





What can we do
to help this
person prepare
for sleep
tonight?





Tips to Improve Sleep

What if you can't fall asleep?

- **Get up** and do a **Relaxing Activity** for **30 min** in **Low Light**
- **Relaxation Techniques**
 - *Meditation*
 - *Calm Music*
 - *Controlled, Deep Breathing*



(Suni, 2020, 2020)



What is Mindfulness?

a mental state achieved by focusing one's awareness
on the present moment,

Here are some simple ways to begin practicing Mindfulness?
Mindfulness benefits include:

- **Close** your eyes
- **Stay focused** on your **breathing**
- Let your **mind take control**



- Reduced **Stress**
- Increased **Focus**
- Improves **Mood**
- Reduced **Anxiety**
- Increased **Creativity**
- Reduced **Depression**
- Increased **Memory**

Are you ready to try it out?....

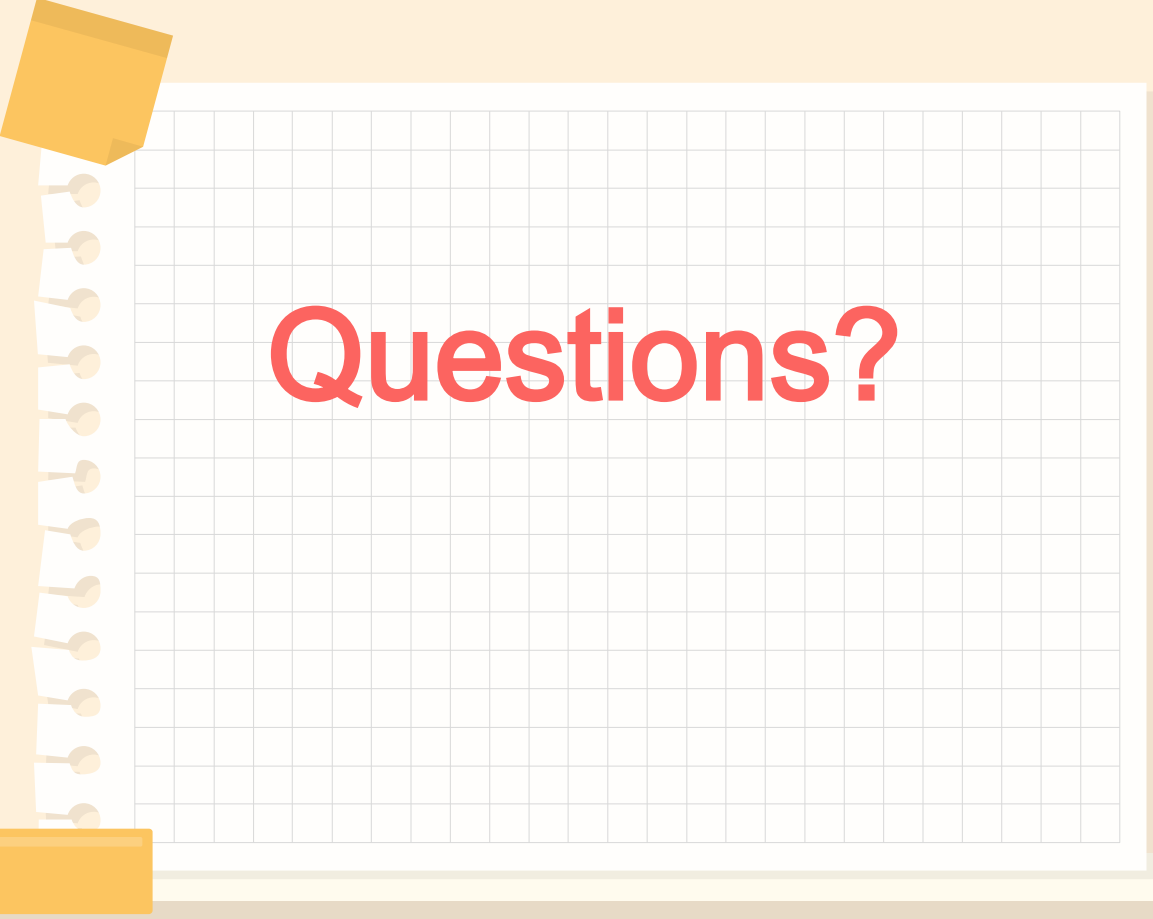
(The Benefits of Meditation, 2020)

(Mayo Clinic, 2020)

Mindfulness Activity

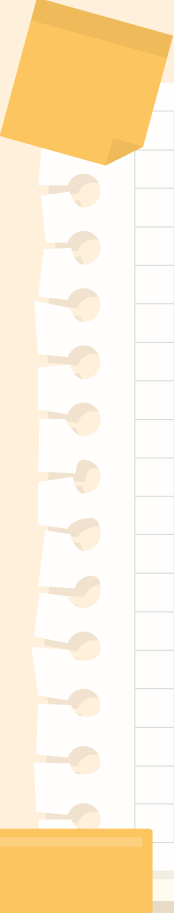
Feel free to close your eyes and relax during this short mindfulness exercise
!





Questions?





Write down THREE
Sleeping Strategies
that will *help you*
sleep better tonight



JEOPARDY!

THE DINOSAURS	NOTABLE WOMEN	OXFORD ENGLISH DICTIONARY	NAME THAT INSTRUMENT	BELGIUM	COMPOSERS BY COUNTRY
\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000

<https://jeopardylabs.com/play/sleep-soundly>







**Thank you
for your
time!**

