The Power of Sleep

The information in this booklet and your practice of the suggested techniques will help you to sleep well and feel alert and energized all day.

How to use The Power of Sleep Self-Guided Program

- Read this booklet.
- Practice the suggested techniques to improve your sleep and quality of life.
- Think you might have a sleep problem? Talk with your doctor about a sleep evaluation.
  Get more information: Baystatehealth.org/sleep

Good sleep is critical to good health. Baystate Healthy and the Neurodiagnostics and Sleep Center have partnered to help employees learn how to sleep better.

Many sleep issues can be treated effectively by making simple lifestyle changes described in this booklet. Some sleep issues may require further evaluation from a sleep specialist. If you need further assistance, speak with your health care provider.
Check the most appropriate number that reflects your chance of dozing when you are in the following situations.

1. **Sitting and reading**
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

2. **Watching TV**
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

3. **Sitting inactive in a public place (i.e. theatre or meeting)**
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

4. **As a passenger in a car for an hour without a break**
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

5. **Lying down to rest in the afternoon when time allows**
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

6. **Sitting and talking to someone**
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

(Continued on next page)
How Sleepy Are You?

7. Sitting quietly after lunch without consuming alcohol
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

8. In a car, while stopped for a few minutes in traffic
   0  no chance of dozing
   1  slight chance of dozing
   2  moderate chance of dozing
   3  high chance of dozing

Total your points for items 1-8: _____

Scoring Guide:
If you scored 0-9: Congratulations you are sleeping within the normal range.
If you scored 10-24: You are encouraged to take steps to improve your sleep. Talk with your doctor about seeking treatment with a sleep specialist.

Why You Need Sleep

Getting enough sleep and good quality sleep helps you maintain good health function during the day.

Poor sleep can impair your:
   • Ability to cope well with everyday issues when they arise.
   • Energy level leaving you with chronic daytime drowsiness.
   • Ability to think clearly and react quickly.
   • Ability to understand and remember things.
   • Immune system and how well your body fights infection and illness.

Sleep affects every part of our lives, including health, safety, mood, learning, appearance, relationships and productivity.

According to the National Sleep Foundation, most adults need seven to nine hours of sleep a night. While rare, some adults may only need as little as five hours or as much as 10 hours a night of sleep. The key is that you wake up feeling refreshed whatever amount of sleep you get.
The risks of poor sleep accumulate over time and can lead to serious health risks including:

- Weight Gain and Obesity
- Anxiety and Depression
- Heart Disease
- High Blood Pressure
- Diabetes
- Stroke
- Gum Disease
- Reflux (GERD)

In addition to these health risks there is an increased risk for accidents and injuries. A few statistics from the National Sleep Foundation report:

- About 20 percent of all serious car crashes are linked to driver sleepiness.
- Those who get less than five hours of sleep have four and a half times the risk of being in a sleep-related car crash.
- Workers with severe insomnia make two and a half times more serious work errors than people who get proper sleep.

People who sleep well are more likely to experience many benefits.

- Better able to maintain a healthy weight.
- Have a stronger immune system to fight off infection and illness.
- Experience greater energy through the day.
- Have better concentration and memory.
- Make fewer errors.
- Have a more positive outlook on life and feel happier.
The word insomnia is Latin for "no sleep." It is the inability to fall asleep or stay asleep. Insomnia is also used to describe the condition of waking up not feeling restored or refreshed.

**Inadequate or poor quality sleep can include:**
- Difficulty falling asleep
- Frequent awakenings during the night
- Waking too early and unable to get back to sleep.

**What is Insomnia?**

**How to Sleep Well**

Sleep hygiene is a term that refers to “all behavioral and environmental factors that precede sleep and may interfere with sleep." Sleep hygiene is the practice of following simple and sensible guidelines in an attempt to ensure more restful, effective sleep which can promote daytime alertness and help treat or avoid certain kinds of sleep disorders. Trouble sleeping and daytime sleepiness can be indications of poor sleep hygiene. (wikipedia.com).

The most important sleep hygiene measure is to maintain a regular sleep and wake pattern seven days a week.

According to the National Sleep Foundation, “it is also important to spend an appropriate amount of time in bed, not too little, or too excessive. This can vary from person to person. For example, if someone has a problem with daytime sleepiness, they should spend a minimum of eight hours in bed, if they have difficulty sleeping at night, they should limit themselves to seven hours in bed in order to keep the sleep pattern consolidated.”
Techniques to Help You Sleep Well

**Keep regular sleep/wake times.** Try to go to bed and wake from sleep at the same time every day of the week.

**Establish a regular pre-sleep routine.** Plan ways to wind-down. Read, listen to music, brush your teeth, take a bath, relax with mild yoga, etc.

**Develop relaxation techniques.** Keep stress out of the bedroom. Meditation, deep breathing and progressive muscle relaxation are effective techniques. Try to avoid emotionally upsetting conversations, activities, TV shows, etc. before bed. Don't dwell on, or bring your problems to bed.

**Maintain a dark, quiet environment.** Light triggers the body to awake, even the light from an alarm clock.

**Keep the bedroom temperature cool.** One trigger for sleep is when the body’s core temperature drops.

**Get regular exercise.** Regular exercise can promote healthy sleep, but avoid exercise right before bedtime. Experts recommend exercising at least three hours before bedtime. Some relaxing exercise like yoga can be done before bed.

**If unable to fall sleep within 20 minutes, get out of bed until sleepy.** Do a restful activity out of your bed like reading or journaling your “worries.” Clear your mind and relax your body for falling back to sleep.

**Set the alarm but hide the clock so you can’t see the time.** Being aware of the time can create anxiety making it more difficult to fall back to sleep.

**Avoid alcohol near bedtime.** Although alcohol can help you fall asleep it actually causes more awakenings during the night and much less restful sleep.

**Avoid nicotine.** Nicotine is a stimulant and can disrupt sleep.

**Avoid caffeine at least 6 hours before bed.** A lack of sleep can trigger the desire for caffeine but the more caffeine you consume the more difficult it becomes to sleep at night.

**Naps can disrupt night time sleep.** A short nap (20-30 minutes) is OK for those who are able to sleep through the night. This type of nap provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep. But, avoid longer naps that can interfere with night time sleep.

**Give your pet his own bed.** Although dogs and cats can be great to snuggle with in bed they are often responsible for disrupting our sleep throughout the night.
Shift Work Sleep Disorder (SWSD) is a sleep disorder that affects people who frequently work at night or rotate shifts. The human body wants to maintain regular sleep and wake patterns seven days a week. Shift work schedules work against the body’s natural circadian rhythm.

This disorder is common in people who work non-traditional hours, usually between 10:00 p.m. and 6:00 a.m.

What are the symptoms of SWSD?
The most common symptoms of SWSD are insomnia, excessive sleepiness and frequent awakenings.

Other symptoms of SWSD include:

- Difficulty concentrating
- Frequent headaches
- Lack of energy

Managing Shift Work Sleep Disorder

Shift Work Sleep Disorder can lead to:

- Increased irritability and moodiness
- Difficulty relating to co-workers and family
- Increased accidents
- Increased work-related errors
- Increased sick leave

Sleep Techniques for Shift Workers:

- Be willing to make sleep a priority.
- Follow bedtime rituals and try to keep a regular sleep schedule, even on weekends. Go to sleep as soon as possible after work.
- Decrease the number of night shifts worked in a row. Shift workers on the night shift sleep less than day workers and become progressively more sleep-deprived over several days.
- Get enough sleep on your days off.
- Practice good sleep hygiene by planning and arranging a sleep schedule and by avoiding caffeine, alcohol, and nicotine.
- Do not start a night shift with sleep deprivation.
What About Sleeping Pills?

Avoid relying on sleeping pills to get a good night’s sleep. Sleeping pills should be used cautiously, if at all. Typically medication is only needed in certain situations. Most doctors do not prescribe sleeping pills for periods longer than three weeks.

If you are taking a sleeping aid, you should discuss with your doctor. These over the counter medications are not intended for long term and can negatively affect your memory and attention.

Talk to your doctor to identify and treat underlying issues for your sleep problems. Plan to work on sleep hygiene techniques that will help you sleep better on your own without taking sleep medications.

Recognizing a Sleep Disorder

Not all sleep problems can be fully addressed through sleep hygiene techniques alone. Are you affected by any of the issues below?

Check if any of these apply to you.

- I snore loudly.
- You or others have noticed that you stop breathing or gasp for breath during sleep.
- Feel sleepy or doze off while watching TV, reading, driving or during daily activities.
- Have difficulty sleeping three nights a week or more.
- Feel unpleasant, tingling, or creeping feelings or nervousness in your legs when trying to sleep.
- Interruptions to your sleep.

If you checked any of these issues, you may have a sleep disorder. Talk with your doctor.
Now it is time to start practicing these techniques you learned. Like any good habit, it takes practice to be able to make it a part of your life. There are many simple lifestyle changes that you can make that can significantly improve the quality and quantity of your sleep. The key is to implement these suggested techniques, be consistent and be patient.

Everybody may have episodes of sleep trouble. But if insomnia persists for several weeks, especially if it is disrupting your daytime activities, discuss it with a doctor or ask to be referred to a sleep specialist.

Baystate Healthy Resources

Baystate Healthy is dedicated to helping you take care of yourself, take care of others and be your best. Our mission is to create a strong, fit, energized, and resilient workforce, essential for business success.

Visit our website:
From Home: baystatehealth.org>employees>baystate-health
From Work: eWorkplace>Baystate Healthy

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