Help Me Sleep!

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Outline

- Impact of poor sleep
- Learn about sleep
- How much sleep do I need?
- Insomnia
- Tips
- Goals
Impact of Poor Sleep

- Poor performance at work and school
- Anxiety/worry about sleep
- Difficulty with concentration
- Chronic insomnia
- Poor immune system functioning
- Depression
Non-REM Sleep

Stage 1:
- 5-10% of sleep time
- Eyes are closed, stage may last 5-10 minutes
- If awoken, might not feel as if you have slept

Stage 2:
- Largest percentage of total sleep 45-55%
- Light sleep - muscles spontaneously tense & relax
- Heart rate slows and body temperature decreases
- If you take sleep aids, length of Stage 2 increases, but Stage 3 decreases
Stages of Sleep: 3 & 4
Combined into…

Stage 3: “Deep Sleep”

- 10-20% of total sleep
- Length of Stage 3 decreases with age
- Delta Waves
- Stage 3 decreases across the night because it responds to the homeostatic drive to sleep
- If awoken, you might feel disoriented
REM Sleep

- “Rapid Eye Movement”
- 18-23%
- Function of REM is still unclear
- Begins after 90 minutes of sleep
- Brainwave patterns similar to wakefulness, but no movement *(Paradoxical Sleep)*
How Much Sleep Do You Need?

It depends!

- On your age
  - Teenagers need about 9 hours per day
  - Most adults need about 7-8 hours
  - So……6-10 hours

- And other factors
How does my body know when to sleep?

- Sleep Homeostat & Circadian Rhythm

![Chart showing normal circadian sleep rhythm. Sleep urge is greatest at night with a small increase at mid day. Sleep need increases throughout the waking hours and is replenished during sleep.](chart.png)
Insomnia

- Difficulty initiating or maintaining sleep, and/or early awakening
- Despite enough time and good conditions for sleep
- Deficits in functioning

A common medical issue!
- Primary care patients
  - 50% “occasional” insomnia
  - 19% “chronic” insomnia
Medication and Sleep

- **Sleep Onset** - Short-acting medication
  - Tends to have less day-time sleepiness
  - E.g. Sonata, Ambien, Ativan

- **Sleep Maintenance** – Longer acting medication
  - Longer-acting medication
  - E.g. Ambien – Extended Release, Lunesta
  - Can increase risk for “hangover sedation”
Why not take a pill?

- Good sleep habits are more effective in long term management
- Can become reliant
- Secondary benefits to many of these tips
Why not drink?

- Alcohol consumption can help with sleep onset

HOWEVER

- It causes:
  - Fragmented sleep
  - Early morning awakening

- So overall, it decreases the quality of sleep
I’ll just drink Caffeine…

OK…just be aware that…

- It can stay in your system for 4-7 hours
- Keep it to the morning!
  - Or it might interfere with sleep the next night
- Heavy caffeine use (4 or more servings)
  - Can cause insomnia, nervousness, and irritability
I’ll just nap…

- If suffering from insomnia, naps NOT recommended
- If you must...ideal time is 10-30 minutes (Stage 2 non-REM sleep)
- Any longer and you might feel “sleep inertia” or groggy
- 1pm-3pm is the optimal time to nap – less likely to interfere with night time sleep
Sleep Tips

- Go to bed and wake up at the same time
- Sleep at night
- Sleep routine – wind down
- Create a comfortable sleep environment
- Go to bed only when drowsy
- If unable to fall asleep, get out of bed and do something boring
- Distract your mind
During the day...

- Avoid caffeine & nicotine before bedtime
- Exercise – early in the day
- Limit heavy meals just before bedtime, but don’t be hungry
- Be careful about naps
- Avoid heavy alcohol use
Remember…

- During different sleep stages, you might feel as if you haven’t slept, even if you actually have.

- Don’t panic if you can’t sleep - Sleep studies show that we underestimate our sleep. You will likely function better than you fear. Being upset makes it harder to sleep.
If these tips aren’t enough…

Consider:

- Talking to a health provider
- A sleep study
Thanks for attending!

More **FREE** workshops are available…