



Sleep Well, Live Well

—Fact Sheet—



Sleep Disorders

- **“Sleep disorders”**—conditions that result in difficulties with sleeping, problems falling asleep or staying asleep, too much sleep, or unusual behaviors during sleep.

Types of Disorders

- **“Insomnia”**—inability to get the amount of sleep needed to wake up feeling rested and refreshed.
- **“Sleep Apnea”**—condition where individual may have one or more pauses in breathing or shallow breaths while sleeping.
- **“Shift Work Sleeping Disorder”**—disruptions in sleep-wake cycle as result of frequent shift work and poor sleep hygiene

Circadian Rhythm

- Our body has its own natural daily rhythm, called the **“circadian rhythm”**.
- Physical processes of our body follows a 24-hour clock and controls body functions (i.e., heart rate, blood pressure and body temperature).
- When your day is **“out of sync”** with your body’s day, problems can occur (i.e., from working odd hours/shifts and not having a routine sleep schedule).

Importance of Sleep

- Routinely working **“irregular shifts”** and being **“sleep deprived”** can affect your health and wellbeing.

Health & Wellness

- As a result poor sleep hygiene individuals may be at increased risk for **“stress”, “depression,” “heart disease”, “infertility”, “decreased immune function”, “obesity”, and “type II diabetes”**.
- Sleep deprivation is also linked to increased **“difficulties with executive functioning and alertness”, “work-related injuries/errors”, “motor vehicle accidents”, and “poor quality of life”**.

Recommendations

- Avoid routinely working overtime or extended hours/shifts.
- Carpool instead of driving home alone.
- Get enough rest on your days off!

Staying Awake

- **Work With Others**— working with others helps keep you alert.
- **Stay Active at Work**—maintain activeness during breaks (e.g., take a walk, exercise, etc.).
- **Scheduling Naps**— taking a 15-30min nap helps you to feel refreshed and boosts energy
- **Eat Nutritious Meals**— eating small, nutritious meals throughout the day helps maintain energy (e.g. complex carbs, protein, and avoiding heavy fatty meal).
- **Exercise**— regular exercise (performed >3 hours before bed) is great at boosting energy and helps you get better sleep.

Amount of Sleep

- **Adults** (18+ yrs)—7-9 hours
- **Teens** (10-17) —8.5-9.5 hours
- **School-aged children** (5-10 yrs)—10-11 hours
- **Toddlers** (1-3 yrs) —12-14 hours
- **Infants** (3-11 months) —14-15 hours
- **Newborns** (0-2 months)—12-18 hours

Sleep Diary

- A sleep diary is a useful tool for identifying sleeping problems related to nighttime and daytime habits!

Sleeping

- **Sound**—turn off electronic devices and use ear plugs to help reduce noise.
- **Smoking**—avoid smoking before bed because nicotine acts as a stimulant.
- **Caffeine**—avoid caffeinated beverages prior to sleeping (i.e., 4-6 hours).
- **Alcohol**—a void consumption close to bedtime (i.e., 4-6 hours).
- **Limit Light Exposure**— if sleeping during day, block out sunlight via mask or blackout curtain.
- **Eliminating Distractions**—turning off television, cell phones, computers, and other electronic devices.

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