

## Amazing Breakthrough!

- Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke and diabetes. You will even feel happier, less depressed and less anxious. Are you interested?

# SLEEP



## Health

- Every major system suffers when sleep is short
- The shorter you sleep, the shorter your life

## Benefits of sleep

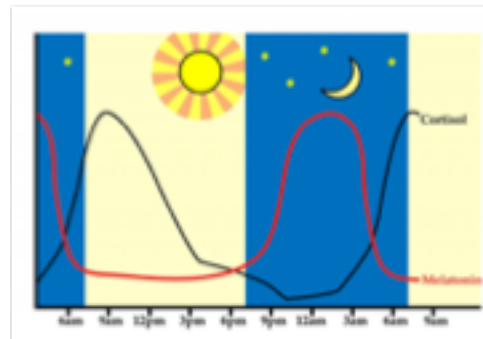
- Ability to learn and to memorise
- make logical decisions and choices
- make sense of our experiences
- inspires creativity
- improves mental health
- keeps immune system strong (fights cancer and infections..)
- insulin and glucose regulation
- regulates our appetite - choose healthy food
- Lowers BP and keeps heart in good condition

## 2 Things make us sleep

- 1. Circadian Rhythm
- Light/routine/sleep efficiency
- 2. Sleep Pressure
- Alcohol/caffeine

## Circadian rhythm

- Governs our sleepiness and wakefulness
- Unwieldy 24 hr pattern



## Circadian Rhythm

- **Controlled by:**
- Genetics (chronotype)
- Age
- Light (blue) (melatonin)
- habits: food, exercise, temperature, social interaction, routine

## Sleep Pressure

- Adenosine = chemical that rises in concentration the longer you are awake
- At peak concentrations an irresistible urge to sleep takes hold
- During sleep, adenosine is degraded and removed

## Caffeine

- Is an adenosine receptor blocker
- Despite high adenosine levels, you feel awake
- Levels peak at 30min
- Half life 5-7 hrs, genetic and age variability
- Decaffeinated not = non-caffeinated

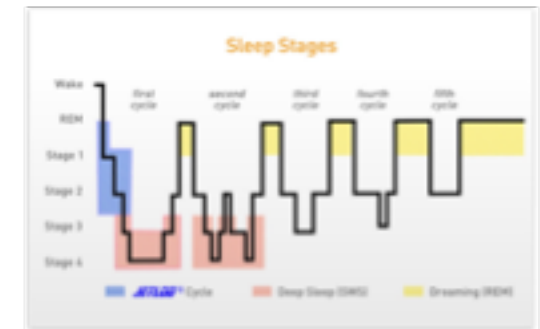


## Types of Sleep

- Non-REM - memories saved, body systems rest and restore
- REM - helps with rational control of emotions, our emotional intelligence

## Alcohol

- Selectively removes REM sleep
- Is one of the most powerful suppressors of REM sleep known to mankind



## Sleep Hygiene

1. LIFESTYLE
2. BEDROOM
3. THOUGHTS



## Energy Boosters

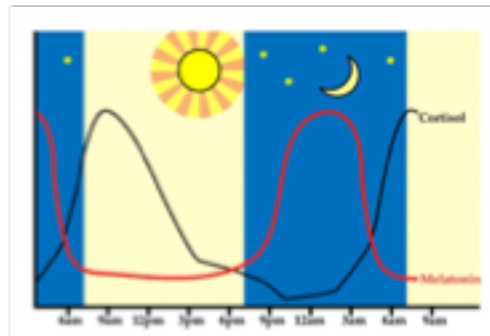
- Hungry, eating
- Exercise - pre, during, after
- Caffeine
- .....?

## Therefore...

- Eat at least 3 hours before sleep, avoid large late snacks or snacking in the night
- Exercise - not late at night, (do it in the day as it makes you sleep better)
- Caffeine - 5-7 hours half life.... not within 5 hours of sleep minimum
- .....?

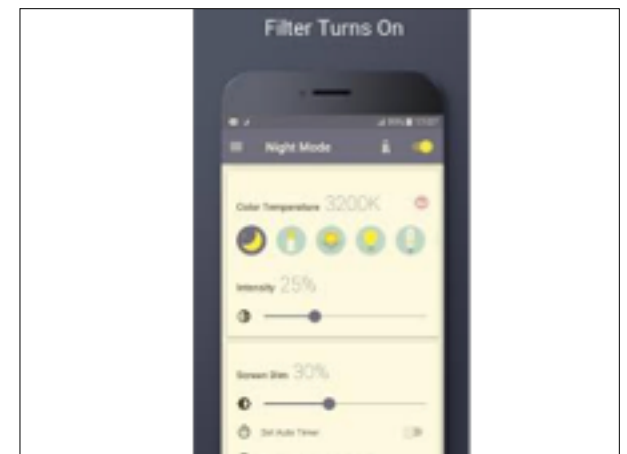
## Energy reducers

- Listening to music
- Read a book/magazine
- Alcohol (but not within 4 hours of sleep)
- Hot shower/bath
- .....?



## Light

- Circadian Rhythm
- Get minimum 60 minutes DAYLIGHT
- Use blue/day lights in the morning
- Dim lights before bedtime
- Beware **screens**



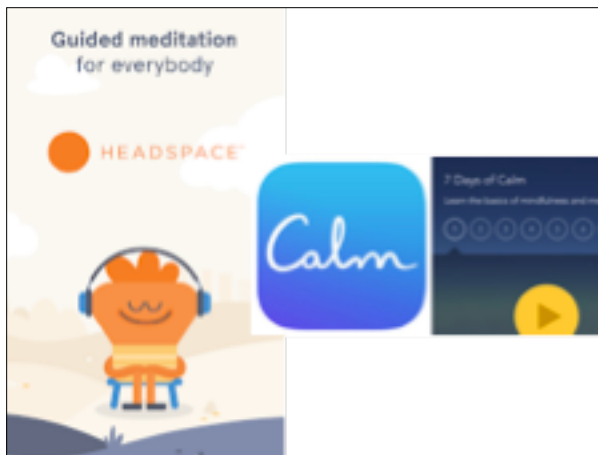
## What do I do if I am sleepy in the daytime?

- Avoid napping unless in the habit
- If need to nap- before 3pm (sleep pressure)
- Do an 'energy booster' instead



## Wind down Routine

- To transit into relaxation state, have a minimum 90 min wind down time
- Energy reducers
- Hot shower/bath
- Active relaxation



## What do you do in bed?

• ??????

## Bed-Sleep Connection

- Subconsciously need to connect bed to sleep
- ONLY SLEEP IN YOUR BED



## Associate bed with sleep

- Associate bed with sleep, triggers quicker **sleep response**
- Pavlov!
- Cue bed, cue sleep

## Sleep Efficiency

- Percentage of time spent in bed that you are asleep
- Aiming for above 90%

## What if I wake in the night?

- but my bed is only for sleep.... what do I do?

• **GET  
UP!!!**

- Have a pre-prepared place - dimmable lights, book/magazine/soft music, warm, cosy.....



- Go to your PRE-PREPARED place
- Do 'energy reducers'
- Return to bed when you feel sleepy - yawning, nodding, eyes heavy etc....

## SLEEP SCHEDULE

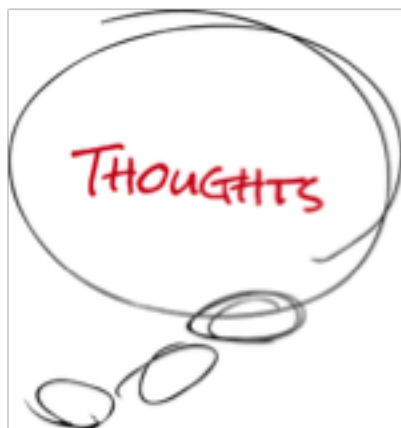
- Stick to a sleep schedule
- Creatures of habit

**Go to bed and wake up  
at the same time  
every day**



## Bedroom

- Dark
- Cool
- Gadget-free
- Comfy bed
- Cover the clock



Thoughts that go bump in  
the night!



What is the  
solution?

## Thought Checker

My thought	Resulting emotions
I'm not going to get a wink of sleep tonight and then I'm not going to be able to work well in the morning	Anxious, worried, stressed, angry
<b>Rationalise the thought</b>	
I usually manage to get at least 3-4 hours sleep	Reassured, more optimistic, less angry

## Put the Day to rest

- Good /exciting things
- Bad /troubling things
- To do list

## Mindfulness

## Imaginary Place

- Neuro Linguistic Programming



## Thought Blocking

## THE

## Mindfulness

- Diffuse the negative thoughts
- Think of the thought as a train
- Let the train pass through your mind and pass on out of your mind
- Do not let it stop at the station!
- Various Apps - eg Calm, Headspace, 3rd Ear...

[www.sleepio.com/  
goodthinking](http://www.sleepio.com/goodthinking)



## References:

- Why we sleep - Matthew Walker
- [sleepio.com/goodthinking](http://sleepio.com/goodthinking)
- BMJ Clinical Review 2016:353
- Red Whale article on Insomnia
- Harvard Health Publishing - Better Sleep