

Did You Know?

A good night's sleep is very important. In fact, it's as important to your overall health as eating well and exercising daily. Since sleep is so important, we thought we'd use the May newsletter to dig into the sleep zone and see what it's all about. Let's start with a few facts and statistics about just how damaging poor sleep habits and lack of sleep can be:

- * Poor sleep can cause you to gain weight. Studies have shown that children who sleep poorly are 89% more likely to struggle with obesity— adults are 55% more likely.
- * Lack of sleep can interfere with critical decision making skills. A medical study shows that people who are short on sleep are 35% more likely to make critical, life-altering poor decisions.
- * People who have trouble sleeping well are more likely to have heart disease or strokes.
- * People who sleep less than 6 hours a night are at an increased risk for type 2 diabetes.
- * Poor sleep habits can lead to depression. 90% of patients suffering from depression specifically mention lacking good sleep.
- * People who sleep less than 7 hours a night are almost 3 times more likely to get the common cold.



Fun Facts About Sleep:

- ◇ 12% of people dream only in black and white
- ◇ A giraffe only needs 1.9 hours of sleep a day, a brown bat needs 19.9 hours of sleep a day, and a cat will spend more than 1/3 of its life sleeping
- ◇ The current world's record for going without sleep was set in 1964 and it is 11 days. Before you try setting a new record, just note that extreme sleep deprivation can actually kill you and several people have died trying to break the record
- ◇ Supposedly your favorite sleep position reveals your personality—stomach sleepers are good listeners and make friends easily; those who sleep in a fetal position appear tough but are actually extremely sensitive; those who sleep on their sides are relaxed and social but those who sleep on their sides but with their arms raised are suspicious and cynical
- ◇ You cannot read or tell time in a dream
- ◇ You can have as many as 7 dreams in a single night

Beyond the Prescription

The following article was furnished by Dr. Shaw. It is from the Centre for Clinical Interventions.

Sleep Hygiene



What is Sleep Hygiene?

"Sleep hygiene" is the term used to describe good sleep habits. Considerable research has gone into developing a set of guidelines and tips which are designed to enhance good sleeping, and there is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties.



There are many medications which are used to treat insomnia, but these tend to be only effective in the short term. Ongoing use of sleeping pills may lead to dependence and interfere with developing good sleep habits independent of medication, thereby prolonging sleep difficulties. Talk to your health professional about what is right for you, but we recommend good sleep hygiene as an important part of treating insomnia, either with other strategies such as medication or cognitive therapy alone.

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Sleep Hygiene Tips

- 1) **Get regular.** One of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even on weekends and days off! This regular rhythm will make you feel better and will give your body something to work from.
- 2) **Sleep when sleepy.** Only try to sleep when you actually feel tired or sleepy rather than spending too much time awake in bed.
- 3) **Get up & try again.** If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Sit quietly on the couch with the lights off (bright light will tell your brain that it is time to wake up), or read something boring like the phone book. Avoid doing anything that is too stimulating or interesting as this will wake you up even more.
- 4) **Avoid caffeine & nicotine.** It is best to avoid consuming any caffeine (in coffee, tea, cola drinks, chocolate, and some medications) or nicotine (cigarettes) for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.
- 5) **Avoid alcohol.** It is also best to avoid alcohol for at least 4-6 hours before going to bed. Many people believe that alcohol is relaxing and helps them to get to sleep at first, but it actually interrupts the quality of sleep.
- 6) **Bed is for sleeping.** Try not to use your bed for anything other than sleeping and sex, so that your body comes to associate bed with sleep. If you use a bed as a place to watch TV, eat, read, work on your laptop, pay bills, and other things, your body will not learn this connection.
- 7) **No naps.** It is best to avoid taking naps during the day to make sure that you are tired at bedtime. If you can't make it through the day without a nap, make sure it is for less than an hour and before 3pm.
- 8) **Sleep rituals.** You can develop your own rituals of things to remind your body that it is time to sleep—some people find it is useful to do relaxing stretches or breathing exercises for 15 minutes before bed each night, or sit calmly with a cup of caffeine-free tea.
- 9) **Bath time.** Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again. Research shows that sleepiness is associated with a drop in body temperature.
- 10) **No clock watching.** Many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up (especially if you turn on the light to read the time) and reinforces negative thoughts such as, "Oh, no, look how late it is, I'll never get to sleep," or "It's so early, I have only slept for 7 hours, this is terrible."
- 11) **Use a sleep diary.** This worksheet can be a useful way of making sure you have the right facts about your sleep habits rather than making assumptions. Because a diary involves watching the clock (see point 10), it is a good idea to only use it for two weeks to get an idea of what is going on and then perhaps two months down the track to see how you are progressing.
- 12) **Exercise.** Regular exercise is a good idea to help with good sleep, but try not to do strenuous exercise in the 4 hours before bedtime. Morning walks are a great way to start the day feeling refreshed!
- 13) **Eat right.** A healthy, balanced diet will help you to sleep well, but timing is important. Some people find that a very empty stomach at bedtime is distracting, so it can be useful to have a light snack, but a heavy meal soon before bed can also interrupt sleep. Some people recommend a warm glass of milk, which contains tryptophan, which acts as a natural sleep inducer.
- 14) **The right space.** It is very important that your bed and bedroom are quiet and comfortable for sleeping. A cooler room with enough blankets to stay warm is best, and make sure you have curtains or an eye mask to block out early morning light and earplugs if there is noise outside your room.
- 15) **Keep daytime routine the same.** Even if you have a bad night's sleep and are tired, it is important that you try to keep your daytime activities the same as you had planned. That is, don't avoid activities because you feel tired. This can reinforce the insomnia.

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...the innocent sleep, sleep that knits up the ravell'd sleeve of care, the death of each day's life, sore labor's bath, balm of hurt minds, great nature's second course, chief nourisher in life's feast... —Shakespeare

Sleep is God. Go and worship.—Jim Butcher

I love sleep. My life tends to fall apart when I'm awake, you know? — Ernest Hemmingway