

The Importance of a Good Night's Sleep

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Guinness World Record: Free Fall

- Height of jump 128,100 feet (approximate value)
- Fell over 1000 km/hour
- Broke sound barrier with his body alone
- Duration of fall: over 4 minutes



However...

Guinness BANNED the
record for sleep deprivation.

Reason: It's too dangerous.

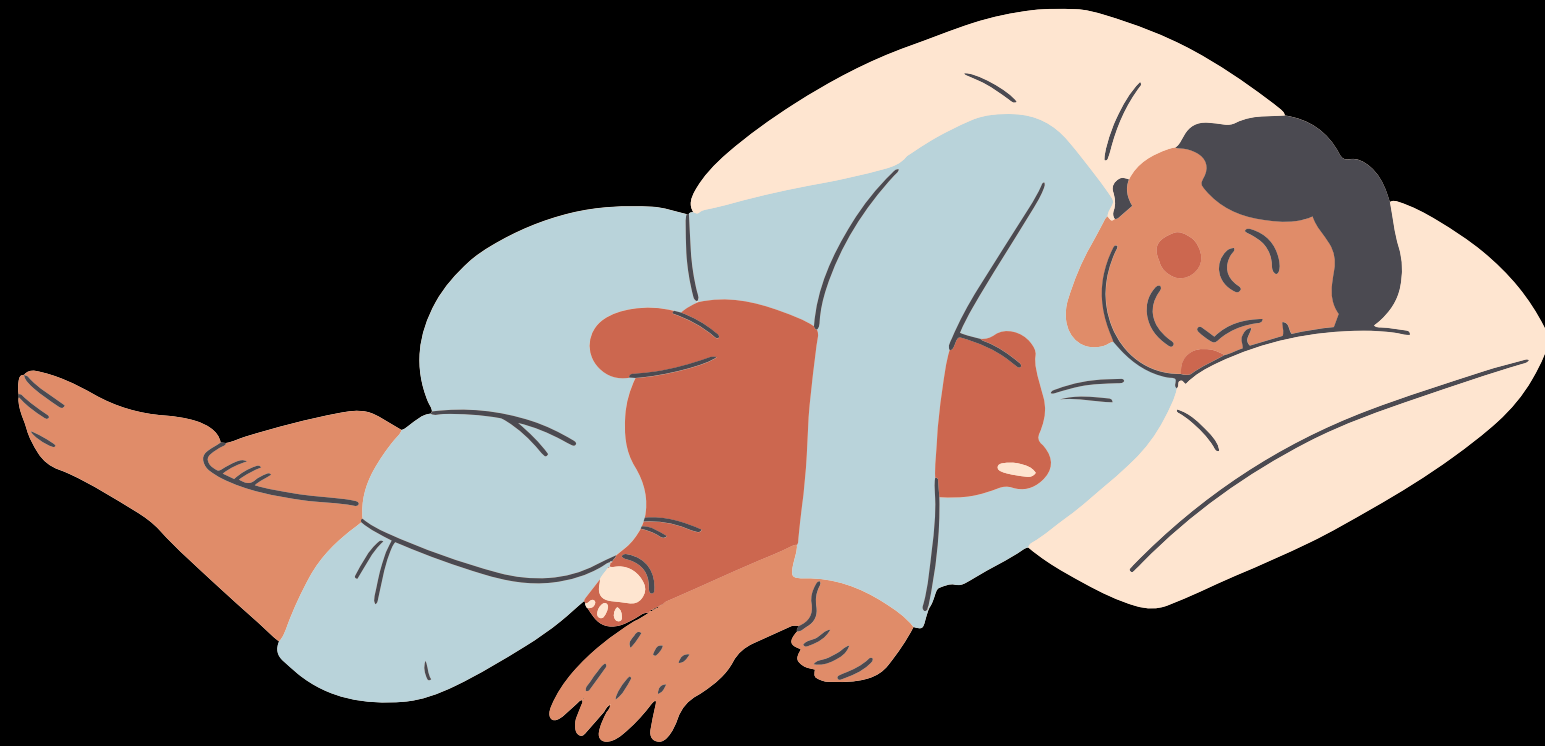


Today's Presentation

- Why is sleep important?
- How does sleep happen?
- What are the impacts of inadequate sleep?
- Practical support
- Measuring Results
- Conclusion
- Q&A



Why is sleep Important?



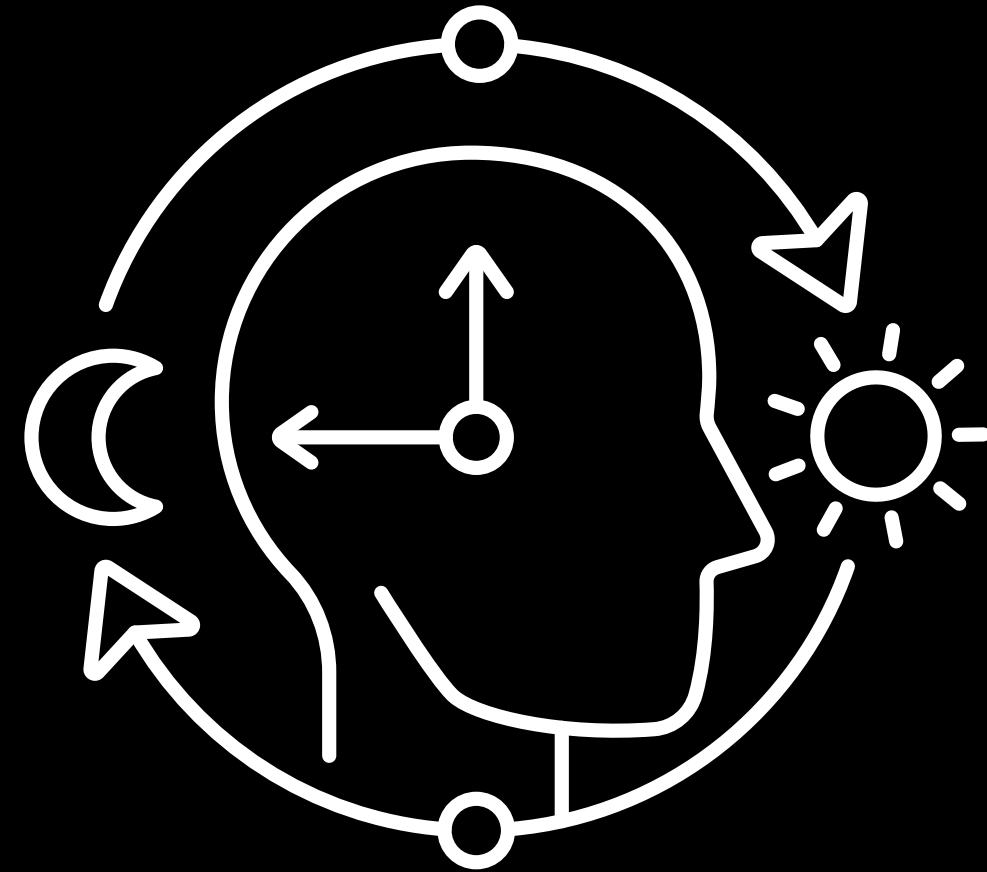
Sleep restores and renews our mind and body

- Time for mental and physical renewal
- Body is not moving externally (much)
- Brain and metabolic processes are actively working

How does sleep happen?

Sleep Stages + Related Activities

- 5 Stages of Sleep
- Chronotypes
- Sleep Pressure and Debt



5 Sleep Stages

Non-REM (NREM)

- Stages 1 and 2 = Light Sleep (50%)
- Stages 3 and 4 = Deep Sleep (25%)

REM

- Stage 5 = REM sleep (25%)

All stages are important

Chronotypes

- Your genetic type (morning person, night owl, etc.)
- Can help understand potential sleep issues



Sleep Pressure and Sleep Debt

Sleep Pressure

- More that builds up, sleepier we feel
- Clears out during sleep
- Needs to build up again over day

Sleep Debt

- Sleep amount vs. sleep need
- Want to keep out of debt



**What are the impacts of
inadequate sleep?**



Impacts

- Cognitive Impairment
- Emotional stress
- Inflammation
- Exhaustion
- Obesity



Impacts

- Cognitive Impairment
- Immune system impairment
- Diabetes
- Cardiovascular disease

What you can do

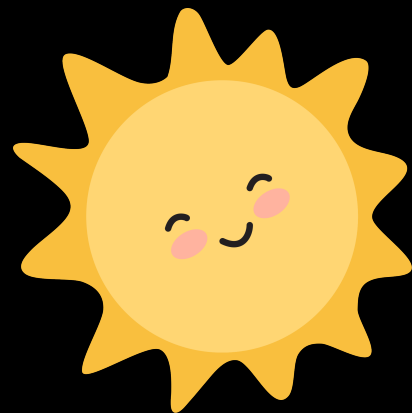


4 Pillars: QRRRT

1. Quantity
2. Quality
3. Regularity
4. Timing

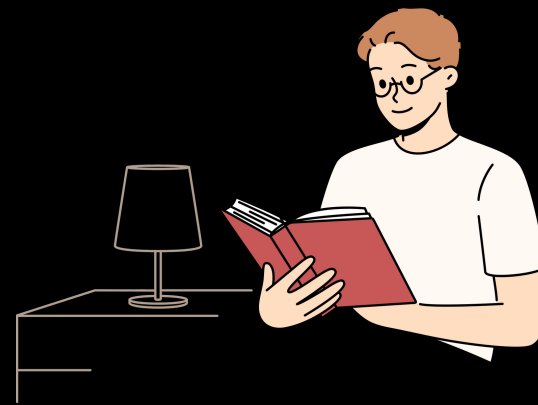
Practical Steps

1. 20 minutes or more of daylight before 1 p.m.
2. Remove caffeine and alcohol from your diet
3. Stop eating 3 hours before bed; go light on fluids after



Practical Steps (cont'd.)

4. Keep exercise earlier in the day where possible
5. Start preparing with calming activities 2 hours before bed
6. Consider night time herbs and supplements as appropriate



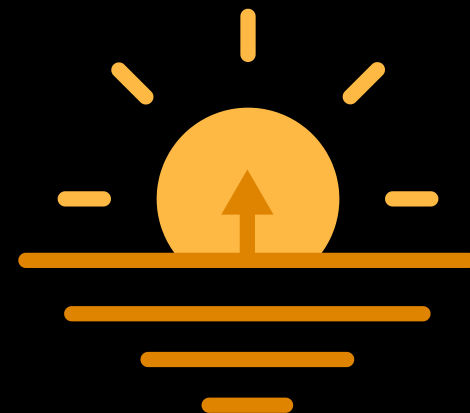
Practical Steps (cont'd.)

7. Leave the tech gadgets outside of the bedroom
8. Sleep in a dark, cool room
9. Wake up without an alarm clock



Practical Steps (cont'd.)

- 10. Follow good wake-up practices
- 11. Get 5 minutes of sunlight when you awake
- 12. Track and determine your unique sleep needs



Measuring Results

- Assessments
- Wearables



Assessments

- Pen-and-paper sleep tracker
- NEPT Sleep Habits Assessment (Level 1, Module 3)
- MEQ Morningness-Eveningness questionnaire (Chronotype)
- PSQI Pittsburgh Sleep Quality Index (Extensive, possibly cumbersome)
- Insomnia Severity Index (ISI) (Risk for insomnia)
- Stop Bang questionnaire (Sleep apnea)
- Epworth sleepiness scale (Waking function from insufficient sleep)



A person is lying in a hospital bed, wearing a white hospital gown. Their left wrist is visible, wearing a black smartwatch. The watch screen displays a heart rate of 62 bpm, a red heart icon, and a blue heart icon. The background is a blurred hospital room.

Wearables

Wearables which measure:

- Movement
- Heart Rate
- Heart Rate Variability
- O2 Saturation (sleep apnea)

Watch for trends, not individual entries

Which is the best wearable?

- The one the client will use and wear most frequently

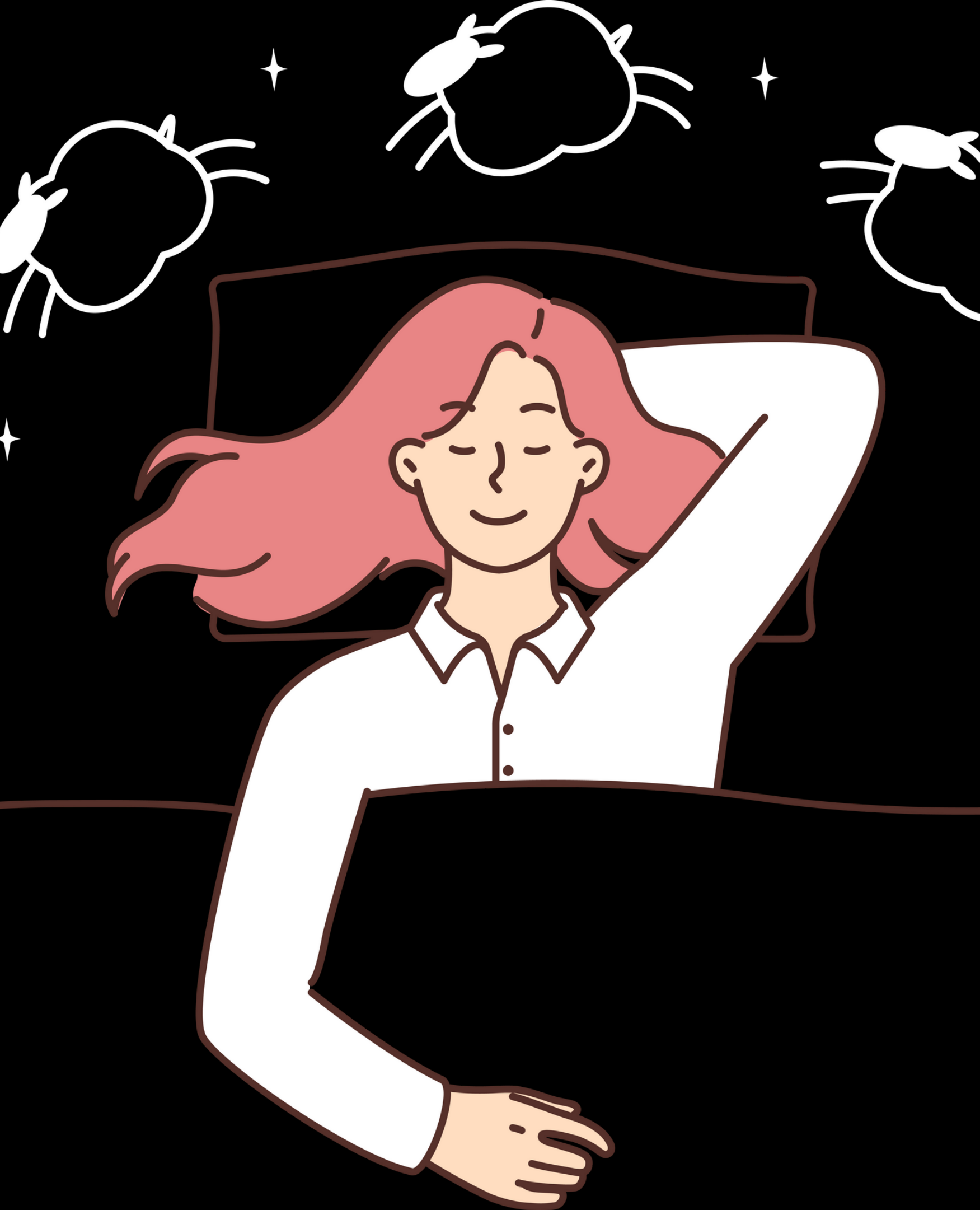
Conclusion

Be careful what you wish for...

"I'll sleep when I'm dead."

That day may come sooner with
poor sleep hygiene.





**Transform a
sleepless night
into a deep
and restful
slumber**

Q&A



References

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