SLEEP TIPS

Catching some ZZZs to Ensure You Get AAAs
What Happens When You Sleep?

When you sleep, there’s a lot going on in both your body and your brain:

**REM Sleep**
- A typical night’s sleep happens in 90 minute cycles.
- About 25% of each cycle is REM (rapid eye movement) sleep. This is the stage when intense dreaming occurs.
- Your muscles can’t move, but otherwise your body is active. This is the time when it’s most difficult to wake you up.

**Non-REM Sleep**
- 75% of each sleep cycle is spent in non-REM sleep.
- Body temperature drops, breathing and pulse slow, and dreams are less intense.
- This is when sleep-walking and sleep-talking sometimes happens.
How Sleep Does a Body Good

- Improved concentration.
- Improved mood.
- More energy.
- Feeling alert throughout the day.
- Helps you stay fit. Studies show those who get less than 6 hours of sleep are night are more likely to gain weight.
- Saves you money and calories because you are not buying coffee, energy drinks, etc.
What You Risk When You Miss Sleep

Did you know you may be at higher risk for health problems when you don’t get enough sleep? Here are just a few, including being more likely to gain weight and get sick.

- High blood pressure
- Depression
- Diabetes
- Weakened immune system
- Obesity
- Heart Disease
- Headaches
- Delayed reaction time
- Slowed metabolism

Source: [http://www.webmd.com/sleep-disorders/features/not-enough-sleep-7-serious-health-risks](http://www.webmd.com/sleep-disorders/features/not-enough-sleep-7-serious-health-risks)
How To Get What You Want From Sleep

**Naps**
- When you nap, you get mostly deep, non-REM sleep. This helps pay off sleep debt, without shortening the next night’s sleep.
- If you know you’ll have a night with too little sleep, a nap *beforehand* seems to work best to reduce sleep-loss problems.
- If you suffer from insomnia, napping may make falling asleep at night more difficult.

**Reduce Stress**
- Exercise regularly, but not within 3 hours of bedtime. Exercising in the late afternoon seems to relieve stress best.
- Do things that relax you in the hour before bedtime. Take a warm bath. Meditate. Read. Drink warm milk.
- If you lie awake thinking about things you need to do, keep a “worry journal.” Before bedtime, make a list of worries and the next day’s tasks. Think of the journal as a place to put these things so you are free to sleep.
How To Get What You Want From Sleep
(continued)

Set Your Sleep-Wake Clock

1. Keep to a regular schedule for meals, bedtime and rising as much as you can.
2. When you need to be really alert, give yourself a week of regular bed and rising times. This helps set your internal clock to a good sleep schedule.
3. Sleep in a darkened room. Darkness is a “sleepiness cue”.
4. A quiet room or “white noise” may help you keep nightly sleep cycles regular.

Avoid Sleep-Disrupting Substances

1. Don’t ingest caffeine after mid-afternoon.
2. Alcohol makes you sleepy at first, but it suppresses REM sleep. You may fall asleep quickly, but it will not be restful, quality, restorative sleep.
3. Nicotine prevents sleep longer than caffeine and suppresses both REM and non-REM sleep.
4. Diet pills often contain ingredients that disrupt sleep.
<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
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<tbody>
<tr>
<td>My bed is uncomfortable.</td>
<td>Replace the mattress. If not possible, purchase a down comforter or a mattress topper. Invest in soft pillows.</td>
</tr>
<tr>
<td>My room is too cold.</td>
<td>Increase your blankets or layer clothes. Adjust your thermostat.</td>
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<tr>
<td>My room is too hot.</td>
<td>Take off blankets, wear light clothing. Adjust your thermostat. Invest in a box fan.</td>
</tr>
<tr>
<td>My roommates are too loud.</td>
<td>Ask if they can be quieter. Purchase ear plugs. Buy a fan or white noise machine to drown out the sound.</td>
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<tr>
<td>My room is too bright.</td>
<td>Invest in heavy, dark curtains. Purchase a sleep mask. Ask roommates to use desk lamps instead of overhead lights at night.</td>
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<tr>
<td>Most of these ideas sound expensive.</td>
<td>Ask family to buy the more expensive items for holidays or birthdays. Some white noise machines cost less than $30. Sleep masks and ear plugs cost under $5.</td>
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Sleeping pills may be appropriate at certain times. A health care provider may prescribe them for a short time after a serious emotional trauma, such as the death of a loved one. This can help prevent long-term, chronic insomnia.

Be aware that sleeping pills can cause memory loss and dizziness.

With extended use, addiction is an increasing concern, so are risks of impaired memory and loss of physical coordination.

After approximately 2 weeks, sleeping pills lose their ability to make you sleepy because the brain adjusts to counterbalance the pills.
Over-the-counter (OTC) sleeping pills are okay for occasional sleep problems.

Melatonin is a hormone produced by the brain to induce sleep. It’s sold in synthetic and “natural” forms. Too much melatonin may produce fatigue and short temper, so proceed with caution when taking it.

Avoid using amphetamines when trying to fight fatigue. Aside from being strongly addictive, amphetamines can cause irregular heartbeat and raised blood pressure.
Turkey, chicken, seafood, and soybeans all contain tryptophan, which is an amino acid that helps make you sleepy.

Yogurt and dairy products also contain tryptophan.

Almonds, other nuts, and seeds have both tryptophan and magnesium.

Beans and soy are high in vitamin B, magnesium, and tryptophan.

Spinach and other leafy greens like chard, kale, and collard greens contain high levels of vitamin B and magnesium.
This Awesome Info Brought To You By

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