

SLEEP:

Why getting sleep is so important to your health
And what can you do differently

Philoptochos Membership and Women's Health Tea
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Living-sleeping-being well

- ▶ Outline
 - ▶ Overall review of sleep data and stages
 - ▶ Sleep data and sleep stages
 - ▶ dreaming
 - ▶ Poor sleep and sleep deprivation
 - ▶ Research data
 - ▶ Effect on health
 - ▶ What about our children?
 - ▶ Sleep disorders
 - ▶ What are the disorders and treatments available?
 - ▶ Sleeping well: tips and techniques
- ▶ Questions?

Sleep data and stages

- ▶ Sleep data
 - ▶ There is no epidemic: sleep time has not declined past 50 years
 - ▶ The need for sleep becomes fixed in early adult and doesn't change
 - ▶ 7 hrs is norm; more or less have increased risk of dying
- ▶ Sleep stages: see chart
 - ▶ REM (dreams), N1, N2 (memory), N3 or SWS (restorative)
 - ▶ Sleep cycles are 90-110 minutes, longer earlier in night
 - ▶ Signal for sleep is darkness when brain produces melatonin
 - ▶ Dreams: 4-5x/night, most common emotion is anxiety; we have a recurring "stress dream". The meaning is within yourself!
- ▶ Children vs teens vs menopause
 - ▶ As we age: less SWS restorative sleep so less refreshing
- ▶ Naps
 - ▶ Should only be 20-30 minutes or you suffer "sleep inertia"

Poor sleep and sleep deprivation

- ▶ Sleep deprivation impairs the ability to focus attention selectively
 - ▶ “information overload”: every 2 days more info than past 2000 years
 - ▶ We feel stress and anxiety when we are unable to process all the information
- ▶ “good sleep”: leads to new insights/discoveries, improves decision making
- ▶ “poor sleep”: affects
 - ▶ Health: heart disease, stroke, GI problems, depression, cancers, Alzheimers, diabetes
 - ▶ Relationships: increases conflict and selfishness, decreases empathy and gratitude
 - ▶ Business: concentration, handling stress, solving problems, decision-making
 - ▶ Academics: lower grades; studying at night leads to lower exam marks
 - ▶ Athletics: increased chance of injury
 - ▶ Eating/weight/exercise: 33% increase desire for hi fat/hi carb; ghrelin>> leptin
 - ▶ Driving: slow reaction time, more effect from alcohol
- ▶ Socioeconomic variables: poverty, unemployment, being Af/Am or Hispanic
- ▶ “too much”: phones, business, shift work, 24/7 society, worry/stress
- ▶ Affected by children and by bed partner

Sleep disorders

- Insomnia: sleep onset (in younger) or sleep maintenance or early morning awakening (in older)
- Periodic limb movement: caffeine, stress, mental health issues
- Restless leg syndrome: anemia, diabetes, RA, Parkinson's, medication, caffeine
- Nocturia
- Snoring and OSA
- Teeth grinding or clenching
- Circadian rhythm disorder: advanced sleep or delayed sleep disorders
- Night cramps: vit B, Mg, Calcium, potassium, dehydration
- Narcolepsy: could be lack of orexin that promotes alertness
- Parasomnias: involve movement during sleep
 - Sleep walking, sleep talking, night terrors, sleep sex, sleep eating, nightmares
- Jet Leg

Treatments

- ▶ Over the counter sleep aids: anti-histamines
 - ▶ Diphenhydramine or Benadryl (10-25% have impaired daytime function)
- ▶ Prescription meds: to fall and stay asleep
 - ▶ Benzodiazepines: like valium, drowsy and dizzy next day
 - ▶ “Z” drugs: like ambien, Sonata;
 - ▶ Possible tolerance, dependency, rebound, increased falls
 - ▶ Anti-depressants: like Elavil, Klonopin, Trazadone; in lower doses
- ▶ Cognitive behavioral therapy: 6-8 sessions, can be done on-line
 - ▶ Stimulus control therapy, sleep restriction, sleep hygiene, relaxation therapy
- ▶ Sleep wearables: measure movement, can't differentiate stages of sleep
- ▶ Sleep sensors: detect movement under mattress
- ▶ Sleep apps: meaningless, just average your data
- ▶ Smart lights: light boxes of 10,000 lux blue light help with delayed sleep phase syndrome and advanced sleep phase syndrome

Sleeping well: tips and techniques

- ▶ Ask yourself: how do you feel during the day?
- ▶ Do for yourself what you did for your children!
 - ▶ Wind-down time, warm bath, story, lights dimmed, music, routine
- ▶ Bedtime tips
 - ▶ **A quiet mind**
 - ▶ **A relaxed body**
 - ▶ **A bedroom conducive to sleep**
- ▶ Daytime tips
 - ▶ Exercise earlier in day, light exposure during the day
- ▶ Guidelines
 - ▶ **Going to bed when you are sleepy**
 - ▶ **Have a relaxing bedtime routine**
 - ▶ **Cool and quiet and dark bedroom with no phones or TVs**



“Sleep well, live better”

Questions?

