WE ARE TEXAS STRONG

HEALTHY COUNTY BOOT CAMP

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How Adequate Sleep Strengthens Mind, Body and Soul

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Give it a Rest!
Objectives

• What Happens When You Sleep?
• Why is Sleep Important?
• How Much Sleep Do You Need?
• How Can I Sleep Better?
What Happens When You Sleep?
Stages of sleep

• Non-Rapid Eye Movement (NREM)

• Rapid Eye Movement (REM)
Non-REM Sleep

N1: LIGHT SLEEP
N2: INCREASED MUSCLE RELAXATION
N3: DEEP SLEEP
• Rapid Eye Movement
  ○ Deeper than Non-REM sleep
  ○ Breathing and heart rate increase
  ○ Dreaming occurs
  ○ Arms and legs paralyzed to prevent physical response to dreams
  ○ Brain converts recent experiences to long-term memories
Did You Know?

On average, people dream four to six times per night, but forget 95-99% of their dreams.
Why Is Sleep Important?
How Sleep Impacts the Body

• Immune System
  o Sleep boosts your immune system and helps you fight disease

• Energy
  o Sleep allows you to be energized and active

• Weight Gain
  o Lack of sleep causes increased ghrelin (hunger hormone) and decreased leptin (fullness hormone)
How Sleep Impacts the Body

• Chronic Disease:
  ○ Diabetes - lack of sleep hinders body's ability to process glucose
  ○ Depression and anxiety
  ○ Heart disease
  ○ Hypertension
How Sleep Impacts the Brain

• Mood - Lack of sleep can cause irritability, stress, and mental fatigue
• Brain Function - Sleep helps with memory and concentration
Did You Know?

• The following disasters have been associated with sleep deprivation:

  • Bhopal, India gas leak
  • Three Mile Island reactor meltdown
  • Chernobyl nuclear disaster
  • Star Princess Cruise Ship grounding
  • Exxon Valdez oil spill
How Much Sleep Do I Need?
# Sleep Recommendations

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Age Range</th>
<th>Recommended Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young Adult</td>
<td>18-25 years old</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Adult</td>
<td>26-64 years old</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Older Adult</td>
<td>65+ years</td>
<td>7-8 hours</td>
</tr>
</tbody>
</table>
Factors to Consider

- Nature of your job (driving, operating heavy machinery, etc.)
- Sleep troubles
- Energy levels
- Pre-existing medical conditions
Did You Know?

• According to the American Sleep Association, 50-70 million Americans suffer from a sleep disorder.
Insomnia

• Inability to fall or stay asleep
• Early morning awakening
• Excessive daytime sleepiness due to lack of sleep
Narcolepsy

- Excessive Daytime Sleepiness
- Sudden muscle weakness
Restless Legs Syndrome

• "Creeping" feelings and pain in legs
Sleep Apnea

- Breathing stops and starts
- Symptoms include gasping, snorting, snoring and daytime sleepiness
How Can I Sleep Better?
Develop a Nighttime Routine

- Go to sleep around the same time each night
- Dim the lights, turn off electronics
- Set a bedtime alarm
Do’s and Don’ts | PM Routines

**Yes**
- Keep room dark, comfortable temperature
- Exercise during the day
- Select a supportive mattress

**Less**
- Limit electronics before bedtime
- Limit big meals, alcohol and caffeine before bedtime
Did You Know?

• The following foods contain tryptophan that helps you sleep:
  • Poultry
  • Eggs
  • Nuts
Pros and Cons of Napping

- **Pros**
  - Boosts mood
  - Promotes relaxation
  - Increases energy

- **Cons**
  - Causes grogginess
  - Hinders nighttime sleep
**Tips for Napping**

- **Time**: Early afternoon before 3 p.m.
- **Duration**: 10-20 minutes
- **Environment**: Quiet, dark, comfortable temperature
Conclusion/Q&A

• Sleep impacts body, mind, and soul
• Recognize how much sleep you need
• Develop positive sleep hygiene habits
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