



SLEEP: WANT IT, NEED IT, GET IT!

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Kinds of Sleep

- **Non - R E M Sleep**
(Non - Rapid Eye Movement)

- **REM Sleep**
(Rapid Eye Movement)

Non-REM Sleep

Stage 1: Light sleep

Stage 2: Eye Movement Stops

Stage 3: Considered Deep Sleep

Stage 4: Considered Deep Sleep

R E M Sleep

(Rapid Eye Movement)

- Usually first occurs about 90 minutes after you fall asleep
 - Cycles along with the non-REM stages throughout the night
 - Eyes move rapidly
 - Breathing is more rapid
 - Heart rate increases
 - Blood Pressure increases
 - Dreaming occurs
 - Arms & legs muscles are temporarily paralyzed

Sleep Cycles

Stage 1: Light sleep – easily awakened

Stage 2: Eye Movement Stops – slower brain waves, occasionally rapid brain waves

Stage 3: Considered Deep Sleep – difficult to awaken, brain waves like stage 2

Stage 4: Considered Deep Sleep – difficult to awaken; extremely slow brain waves

REM Sleep: Begins about 90 minutes after falling asleep;
Cycles along with non-REM sleep during the night

Dreams



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How Much Sleep Is Enough?

Life Stage	Average # of hours sleep needed
• Infants	16 – 18
• Babies & Toddlers	12 – 14
• Preschoolers	10 – 12
• Elementary School Age	Minimum 9
• Teenagers	Minimum 9
• Adults	7 - 9

The Sleep – Health Connection

- **Brain at Work**
 - Forming pathways necessary for learning
 - Consolidates & fixes memories & advances learning



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The Sleep – Health Connection

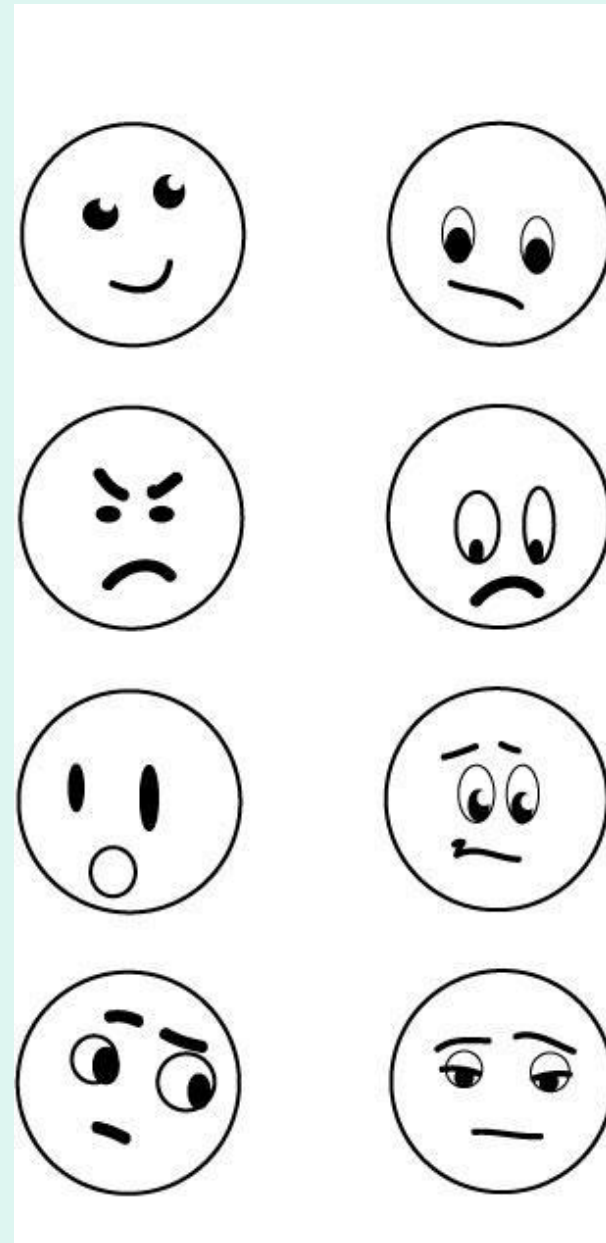
- **Memory**
- Sleep needed for short-term or working memory & procedural memory



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- **Moods**

- Sleep helps with emotional control, decision-making, & social interaction
- Lack of sleep increases irritability, volatility, & depression



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- **Immune System**

- More sleep needed when body is fighting infections or inflammations
- Being well-rested improves the body's response to infections



- **Obesity**

- Sleep needed for appetite-regulating hormonal balance (less ghrelin, more leptin)



- **Digestive Problems**

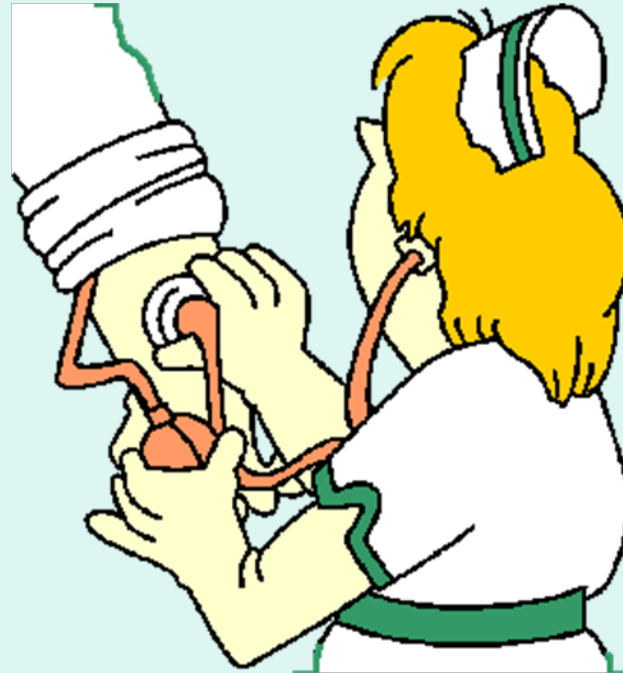
- Constipation,
diarrhea,
excessive gas,
abdominal pain,
heartburn



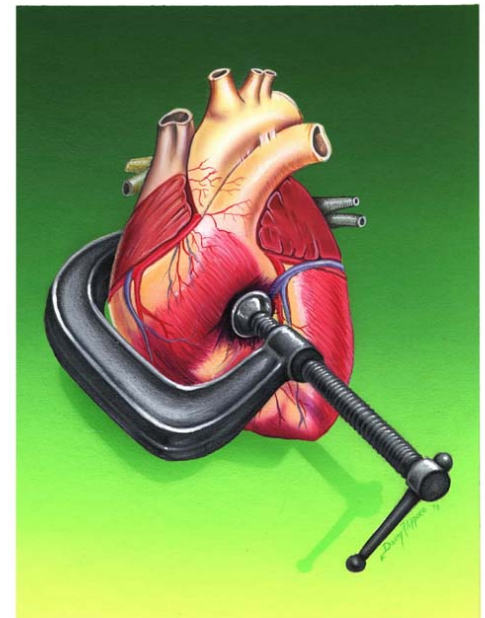
Sleep: Want It, Need It, Get It!

• Heart, Blood Pressure, and Stroke

- Dip in blood pressure needed



- Too little sleep causes increase in proteins associated with heart disease (C-reactive protein)



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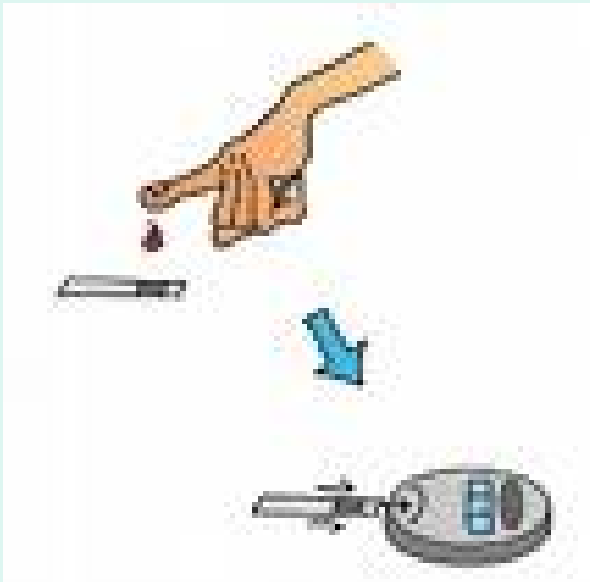
- **Hormones**

- **Growth Hormone**
Released (for growth in children & boosting muscle mass in adults)



- **Puberty and fertility** related to release of sex hormones which occur during sleep

- **Diabetes**
- Rise & Fall of Blood Sugar Levels in a Pattern Linked to Sleep Stage



Sleep: Want It, Need It, Get It!

Common Signs of a Sleep Disorder

- Takes more than 30 minutes to fall asleep
- Awaken frequently
- Awaken too early
- Frequently don't feel well rested
- Feel sleepy during the day
- Bed partner claims you snore loudly

Common Signs of a Sleep Disorder

- Have creeping, tingling, crawling feelings in your legs
- Have vivid, dreamlike experiences
- Sudden muscle weakness
- Legs or arms jerk
- Regularly need stimulants to stay awake during the day

Snoring

May indicate other health concerns, such as sleep apnea, nasal obstruction, obesity



Sleep: Want It, Need It, Get It!

- **Tip 1 for Getting a Good Night's Sleep**
Stick to a sleep schedule



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- **Tip 2 for Getting a Good Night's Sleep:**
Exercise, but not too late in the day



- * If possible, exercise 5 – 6 hours before bedtime

Sleep: Want It, Need It, Get It!

• Tip 3 for Getting a Good Night's Sleep

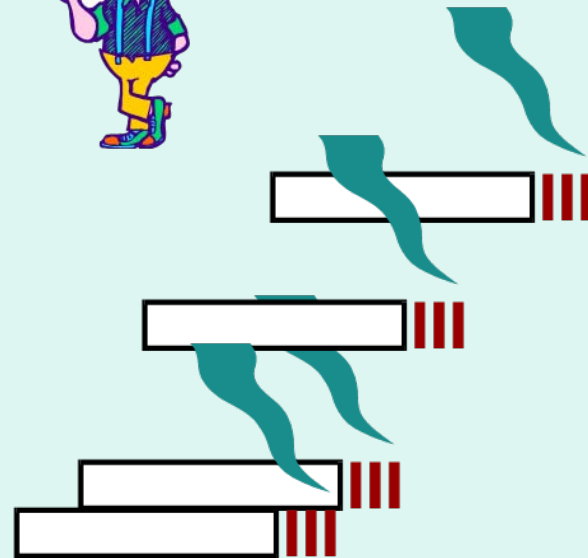
Avoid Caffeine and Nicotine

* Caffeine (a stimulant) can take 8 hours to wear off



* Nicotine withdrawal

* Causes light sleep

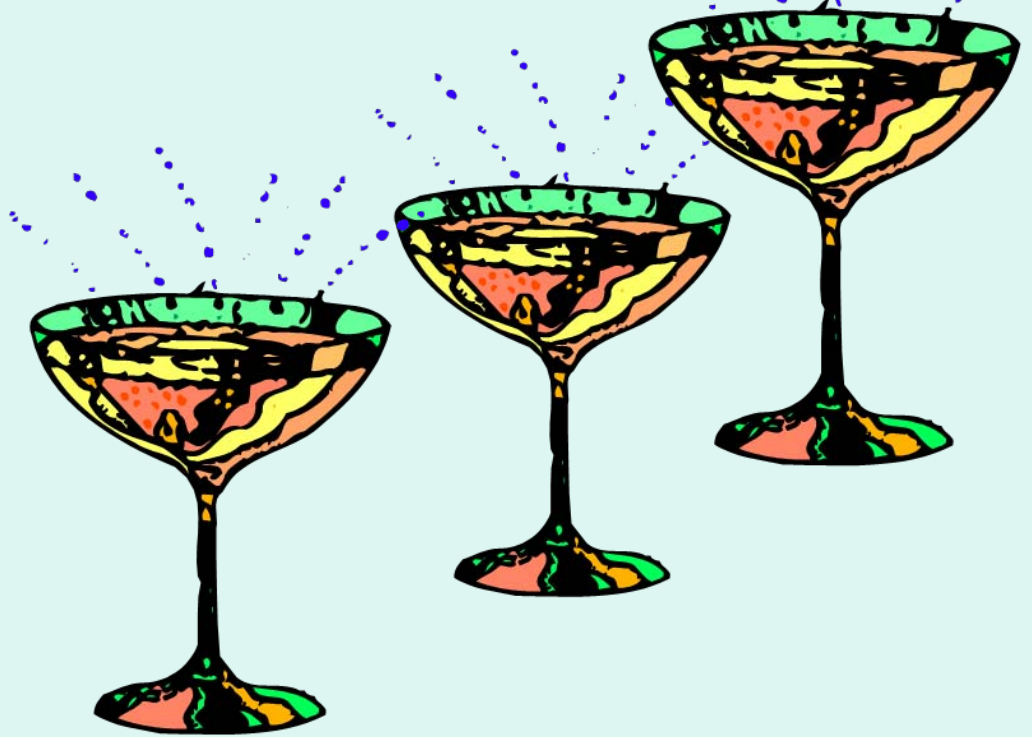


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- **Tip 4 for Getting a Good Night's Sleep**

Avoid Alcoholic Drinks Before Bed

- * Robs deep sleep; * causes awakening in a few hours; * increases need to urinate



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- **Tip 5 for Getting a Good Night's Sleep**
Avoid Large Meals and Beverages Late at Night

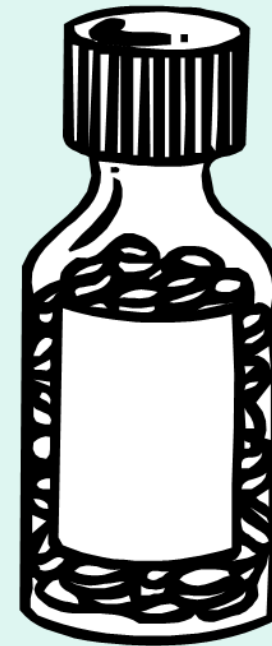


* Increases Indigestion & Need to Urinate

- **Tip 6 for Getting a Good Night's Sleep**

Avoid Medicines that Delay or Disrupt Sleep, if possible

- * Prescribed: Heart, blood pressure & asthma medications
- * Over-the-counter & Herbal medications for coughs, colds or allergies



- **Tip 7 for Getting a Good Night's Sleep**
Don't Take Naps After 3 p.m.

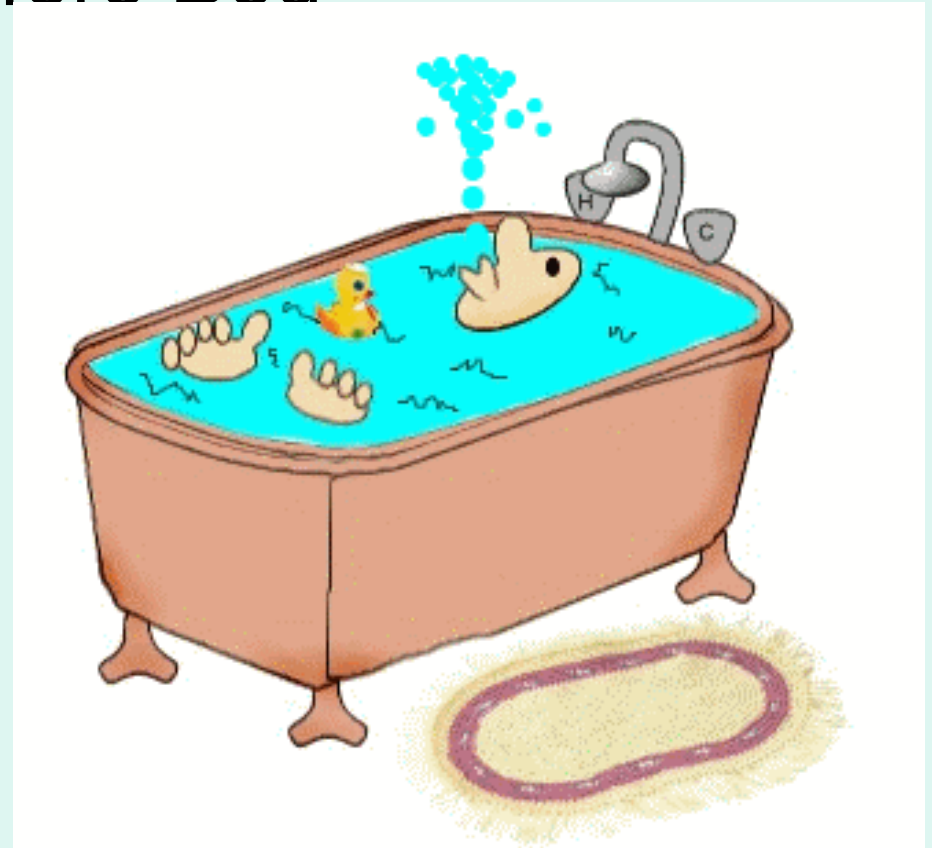


- * Limit naps to one hour * Can help you learn to do some tasks quicker

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- **Tip 8 for Getting a Good Night's Sleep**
Take a Hot Bath Before Bed

- * Helps a person Relax, Slow down, & Prepare for sleep
- * Body temperature drops when get out



- **Tip 9 for Getting a Good Night's Sleep**

- Have a Good Sleeping Environment

- * Eliminate light, noise & other distractions



- * Keep room cool

- * Comfortable mattress & pillow

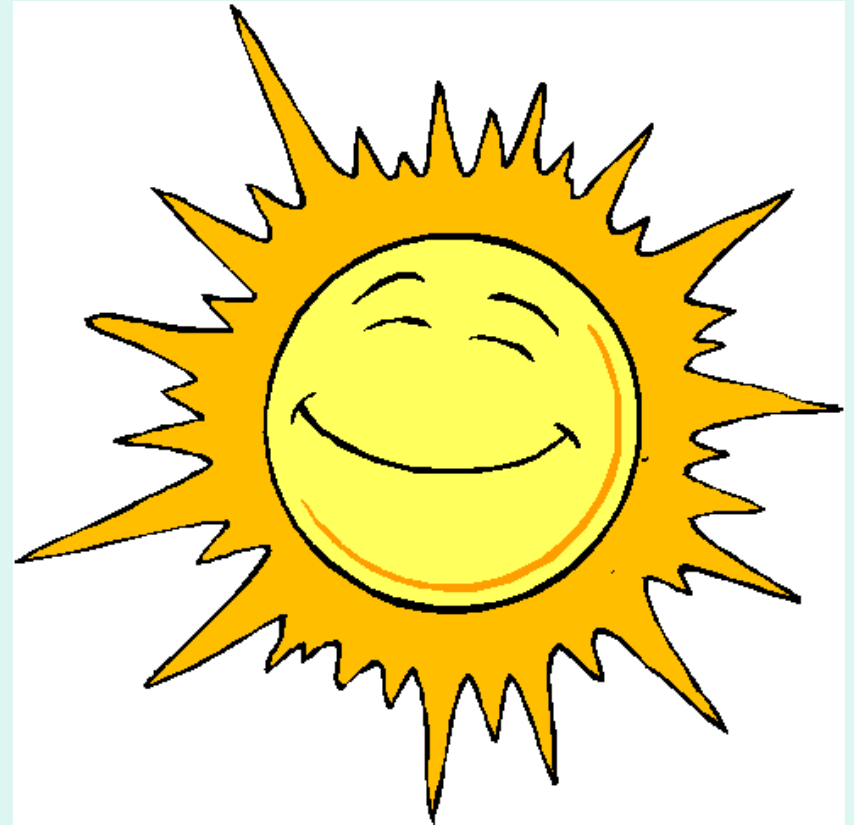
- * Use bedroom for bedroom purposes



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- **Tip 10 for Getting a Good Night's Sleep**
Have the Right Sunlight Exposure

- * Natural sunlight
30 minutes daily
- * Set Biological Clock
by getting 1 hour
exposure to morning
sunlight



- **Tip 11 for Getting a Good Night's Sleep**
Don't Lie in Bed Awake

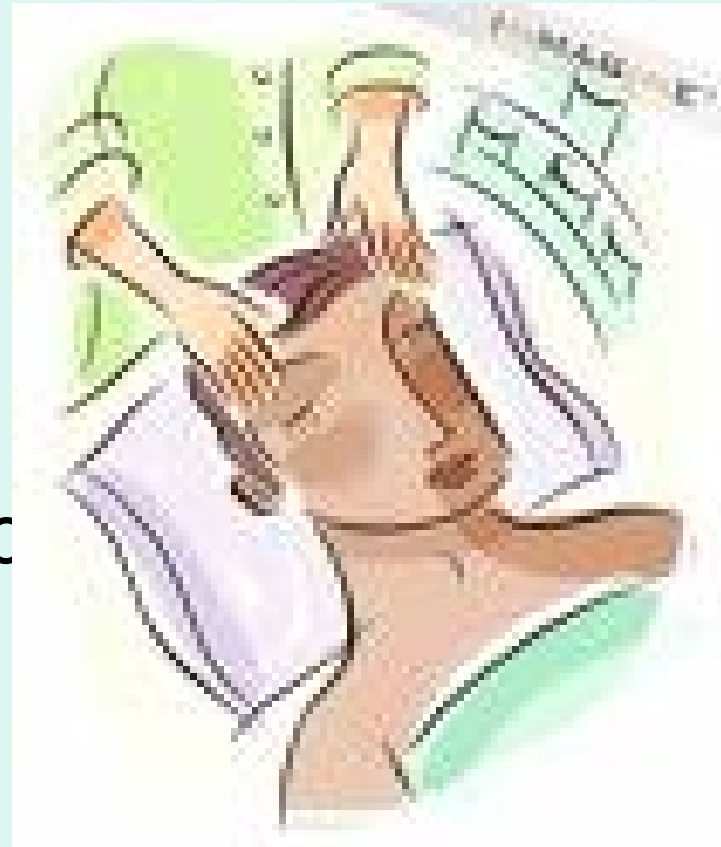
* If not asleep after 20 minutes, do a Relaxing Activity until sleepy



- **Tip 12 for Getting a Good Night's Sleep**

RELAX, relax, relax

- * Park Your Worries
- * Visualize Relaxing Scenario
- * Tighten & Relax Muscles
- * De-stress rituals, like Meditation



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- **Final Tip for Getting a Good Night's Sleep : See a Doctor for Trouble Sleeping**

- * Talk to your doctor before taking sleep medications
- * Read Warnings
- * Can create dependency



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**Let this be clear:
Rest is not laziness.
Rest is building breaks
into our lives before we
collapse
so we *don't* collapse.**

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