Sleep for Good Health

Hallie Dumont
Sleep Definition

- A condition of body and mind such as that which typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended.
REM Sleep

- A kind of sleep that occurs at intervals during the night and is characterized by rapid eye movements, more dreaming and bodily movement, and faster pulse and breathing.
Non-REM Sleep

• A period of sleep characterized by decreased metabolic activity, slowed breathing and heart rate, and the absence of dreaming. In humans and certain other animals, the sleep cycle occurs in five stages, the first four consisting of non-REM sleep and the last stage consisting of REM sleep. This cycle repeats itself about five times during a normal episode of sleep. In non-REM sleep, Stage I is characterized by drowsiness, Stage II by light sleep, and Stages III and IV by deep sleep. In adult humans, non-REM sleep accounts for about 75-80 percent of total sleep.
Common Causes of Sleep Deterrents

- Insomnia
- Other Sleep Disorders
- Stress
Insomnia

- Scientific discoveries about insomnia have shown that your brain actually has two systems. One helps you sleep; the other helps keep you awake. The wake system sends out signals that put your brain into an alert, or more active, state. This helps you wake up in the morning and stay awake during the day. The sleep system sends signals that help you fall and stay asleep at night.

- When your two systems function as they should, they complement each other, taking turns being in charge and sending signals at the right times. But that's not always the case. If your wake system stays active when it's time to sleep, it's considered to be in an overactive state and insomnia may be a result.
Sleep and your Immune System

- Not getting enough sleep has been linked to a laundry list of mental and physical health problems, including those that stem from an impaired immune system.

- There isn’t an easy straightforward link between the two—however, studies have shown that sleep deprivation weakens your immune system. The immune system is designed to help prevent your body from getting sick. With a weakened immune system you are more prone to viruses and bacterial infections.
Sleep and your Heart

- Sleep loss also plays a roll in our ability to fight off serious health conditions. Research suggests that sleep-deprived people are at higher risk of dying from heart disease.
Sleep and Mortality

- People who sleep less are actually more likely than their well-rested counterparts to die from all causes. “Studies show that people who get about seven hours of sleep a night have the best survival, and if we get less than six hours of sleep a night, our mortality seems to increase.”
How do we get more sleep?

- Make sleep a priority
- Develop a routine
- Bedroom is a sleep/sex only space
- Turn off lights and all electronic devices
- Avoid eating and exercise right before bed
- Listen to your body
Sleep Hygiene

- Silence or white noise
  - White noise machine
- Darkness
- Timing
- Bedding
Prepare your body and mind for sleep

- Meditation
- Restorative yoga poses
- Breathing exercises
Benefits of more sleep

- Better health/better immune system
- Better sex life
- More focused concentration/clearer thinking
- Less pain
- Lower risk of injury
- Less stress
- Better mood
- Better weight control
- Better memory