

Capital **BLUE** 

| Sleep and Your Health

Capital BLUE

- 01 Understand the importance of sleep
- 02 Recognize different factors that can affect sleep
- 03 Know different types of sleep disorders
- 04 Be able to apply healthy behaviors to your life to improve sleeping issues

Discussion

What about sleep is so important?



Sleep Cycle

5 Stages of the sleep cycle

- Non-REM (75% of night): As we begin to fall asleep, we enter NREM sleep, which is composed of stages 1-4
 - Stage 1: between being awake and asleep
 - Stage 2: start of light sleep
 - Stages 3 and 4: deepest and energy restoring
- Stage 5: REM (25% of night): gives energy to the brain and body. This is when you dream
 - Happens about 90 minutes after falling asleep and then happens every 90 minutes, getting longer later in the night

How Much Sleep Do You Need?

AGE	Sleep Recommendation
Newborns/Babies	16 to 18 hours
School Age Children and Teens	About 9.5 hours
Most adults	7-9 hours

Lack of Sleep

Can cause health problems such as:

- Chronic diseases
- Accidents/injuries
- Depression
- Fatigue
- Lack of productivity and well-being
- Irritability



Health Effects from Lack of Sleep

- Lowered immune system
- Poor nervous and muscular system function
- Risk of diabetes
- Risk of cardiovascular disease
- Depression
- Mental Illness



Drowsy Driving

Drowsy Driving

- 18 hours without sleep has the same effect on the body as a .08% Blood Alcohol Concentration
- 24 hours without sleep is equivalent to a .10% Blood Alcohol Concentration



Reduce the Risk of Drowsy Driving

Before a trip, do the following to reduce your risk:

- Get enough sleep
- Schedule breaks, about every 100 miles or 2 hours during long trips
- Arrange for someone to drive with to talk to and share the wheel
- Avoid alcohol and sedating medications

Countermeasures to prevent a fall-asleep crash while driving

- Be alert for the warning signs of fatigue
- Stop driving
- Take a nap - find a safe place to take a 15-20 minute nap
- Get caffeine – about two cups of coffee can increase alertness for several hours
- Try having caffeine before taking a short nap to get the benefits of both
- Let a passenger drive

What Can Affect Sleep?

Factors That Affect Sleep

- Shift work
- Stress
- Sleeping environment
- Chronic pain
- Side effects of certain medicines
- Caffeine



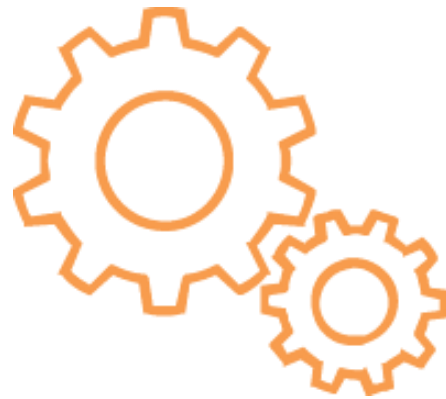
Shift Work

- Work schedule that takes place during the normal sleeping hours
 - Night shift
 - Early morning shift
 - Rotating shifts
- Forcing your body to work when it wants to fall asleep
- What can you do?



Stress

- Can cause disturbed sleep or sleeplessness
- Find ways to relieve your stress every day
 - Exercise
 - Write down your thoughts
 - Allow time to relax and slow down before bed
 - Keep from working in bed especially if work is a stressor



Chronic Pain

- Back pain, headaches, and pain related to cancer or other chronic illnesses can disturb sleep
- Medications taken for chronic pain can contribute to irregular or poor sleep
- Poor sleep can make people more susceptible to pain perception



Sleep Environment

- Clean and comfortable bed
- As quiet and dark as possible
- Room temperature



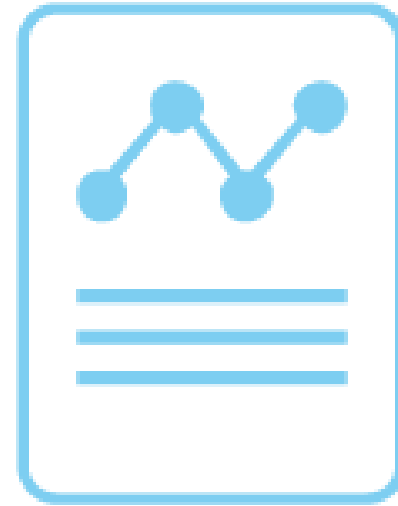
Caffeine

- Stimulates the central nervous system
- Avoid close to bedtime
 - People that are extremely sensitive to the effects should avoid having caffeine after lunch and for the remainder of the day
- Coffee, tea, soft drinks, and energy drinks have caffeine

Sleep Disorders and Problems

Sleep Disorders and Problems

- Insomnia
- Sleep apnea
- Narcolepsy
- Nightmares
- Restless Leg Syndrome



Insomnia

- Difficulty falling asleep and staying asleep
- Waking up too early
- Poor quality of sleep
- More common among the elderly and women



Sleep Apnea

- Disorder that causes the body to stop breathing during sleep which can happen one to several hundred times nightly
- If untreated, it can cause high blood pressure, heart disease, memory problems, weight gain and headaches
- Risk factors for sleep apnea include being male, overweight/obesity, and being over the age of 40



Narcolepsy

- Narcolepsy is a neurological disorder caused by the brain not being able to regulate sleep-wake cycles
- People with this disorder sleep a normal amount but cannot control the timing of sleep
- Symptoms include day time sleepiness, falling asleep suddenly, and sleep attacks
- Can be treated with medication and therapy



Nightmares

- Tend to be less frequent as we age
- They may be a way our brain deals with stressors
- May also be caused by prescription drugs, drinking too much alcohol, illness with a fever, sleep aids, sleep apnea, PTSD, anxiety, depression, sleep terror disorder
- Nightmare tips: exercise, limit caffeine and alcohol, relaxation techniques, stress management



STOP and THINK About Your Sleep Last Night!

What have your experiences been like throughout the day?

- Your mood?
- Do you feel tired?

Now think about what you were doing before you went to sleep and during sleep.

- Were you relaxed and able to fall asleep with ease?
- Did you stay asleep most of the night?
- Did you experience any nightmares that forced you to wake up in the middle of the night?



Sleeping Better

Treatments

- Over-the-counter, natural, and prescription sleep aids
- Health care providers and sleep experts
 - Therapists (Cognitive Behavioral Therapist)
 - Physicians
- Specific foods



Healthy Lifestyle Changes

- Exercise
- Diet
- Establish sleeping routine
- Avoid caffeine, nicotine, and alcohol close to bed time
- Use your bed for sleep (no TV, reading, work, or eating)



Tips for a Good Night Sleep

- Set a schedule
- Exercise
- Avoid caffeine, nicotine, and alcohol
- Relax before bed
- Do not lie in bed awake
- Control the room temperature
- Do not wait – see your health care provider if your sleeping problem continues



Next Steps

Moving Forward

- What are you taking with you from this presentation today?
- What are you wanting to move forward with after hearing this presentation?



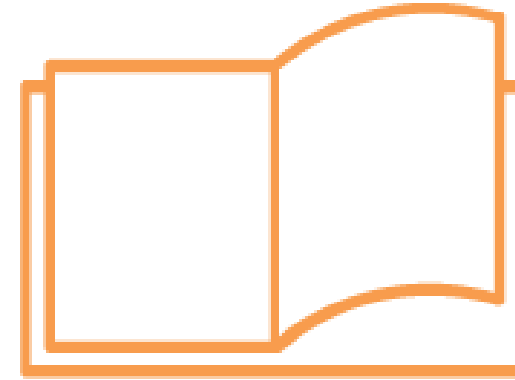
Resources

Case Management

- 888.545.4512

CapitalBlueCross.com

- Healthwise® Knowledgebase
- Capital BlueCross Nurse Line and Chat
 - 800.452.BLUE (2583)
 - Chat with a nurse through your secure member portal
- Blue365®
- MyCare Finder



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Apps

Free Calm Sleep

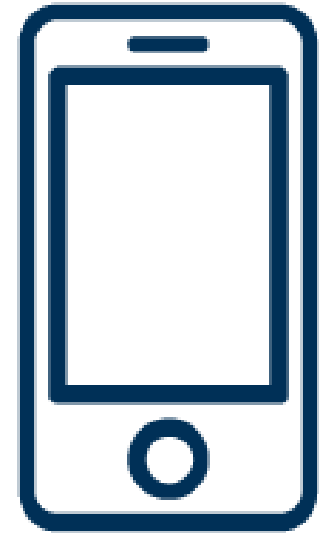
- The calm sleep is the world's only free sleep app for relaxing sleep sounds and ambiences that will improve your sleep or make your short naps more effective.

Sleep Sounds

- You can **relax and sleep** with sleeping sounds, nature sounds, rain sounds, meditation sounds and white noise and much more.

Ultimate Sleep

- Instantly relax your overactive mind, so you're sleeping soundly, getting you ready to take on the day!



References

Sleep Foundation: <https://www.sleepfoundation.org>

Harvard University: <http://healthysleep.med.harvard.edu/healthy/science/how/external-factors>

Mayo Clinic: <http://www.mayoclinic.org/condition/back-pain/multimedia/sleeping-positions/SLS-20076452?s=1>

Medline Plus – Healthy Sleep: <https://medlineplus.gov/healthysleep.html>

American Sleep Apnea Association – Sleep and Health:
<https://www.sleepassociation.org/about-sleep/what-is-sleep>

Sleep Education – Shift Work: <http://sleepeducation.org/essentials-in-sleep/shift-work>

National Heart, Lung, and Blood Institute – Sleep Deprivation and Deficiency:
<https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>

National Institute of Neurological Disorders and Stroke – Brain Basics: Understanding Sleep:
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-sleep#4>

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Thank you