WeSleep Matterzz
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The Bedtiming Story

Plan food, activities, H₂O

Plan daylight exposure

Plan ahead for all-nighters

Time 8 hours of sleep

Time naps

Time for REM

THE END
We consciously choose Nutrition and Activities
Sleep just happenzzzzz...
Who knows the most about effective sleep?
Mindfulness begets wellness

What's in your picnic basket?
You are what you eat ate
"Eat food. Not too much. Mostly plants"
YES

Less manmade white stuff

NO

More naturally colored food
Are You **Hydrated?**

Pee lemonade, not apple juice
Do the exercise you'll do!
Function of Sleep

- Restoration of energy
- Detoxification & repair
- Consolidation of memory

DREAMING!
Sweet lullabies - Sleeping Baby
Are we all afraid of the dark?
Sleep like a teenager

* Cannot get up early but have to
* Need 9 hours get away with 6.5 to 8 but impaired below 6.5
* Increased activities and homework
* Poor food choices: ie sweets
* Start caffeine young
* Social pressures like TV, computers and FB make many night owls
* Delayed Sleep Phase Circadian Rhythm Disorder
Sleep: A Symphony Of Our Mind And Body

- Snoring sound
- Leg movements
- Airflow
- Effort
- Oxygen saturation
- HR and EKG
- Brain waves
- Sleep stages N1 N2 SWS REM
- Positions
Hypothalamus controls sleep and wakefulness
Links nervous and endocrine systems
Brain Waves Slow With Sleep

- Beta 14-30 Hz: Awake, normal alert consciousness
- Alpha 9-13 Hz: Relaxed, calm, lucid, not thinking
- Theta 4-8 Hz: Deep relaxation and meditation, mental imagery
- Delta 1-3 Hz: Deep, dreamless sleep
**Brain Waves Slow With Sleep**

### 100% Sleep Cycle

<table>
<thead>
<tr>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-5%</td>
<td>45-55%</td>
<td>4-6%</td>
<td>12-15%</td>
<td>20-25%</td>
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</tbody>
</table>
Awake in light and asleep in dark
"Normal" Circadian Rhythm
What's going on in your dorm room?
Time in bed not equal to time asleep
Sleepwalking roommate?
Snoring roommate?

Their apnea is your insomnia :(
I wish I could sleep... but my damn A.D.D. kicks in and well basically, one sheep, two sheep, cow, turtle, duck, Ol McDonald had a farm... HEEEEY Macarena!
Insomnia - cannot fall or stay asleep

Delayed Sleep Phase Syndrome
Narcoleptic Roommate?

WHAT IF EVERYONE IN THE WORLD IS NARCOLEPTIC

BUT WE ALL FALL ASLEEP AT THE SAME TIME
Shift work disordered - Night Owl
Sleep Deprivation

- Irritability
- Cognitive impairment
- Memory lapses or loss
- Impaired moral judgement
- Severe yawning
- Hallucinations
- Symptoms similar to ADHD
- Impaired immune system
- Risk of diabetes Type 2
- Increased heart rate variability
- Risk of heart disease
- Increased reaction time
- Decreased accuracy
- Tremors
- Aches
- Other:
  - Growth suppression
  - Risk of obesity
  - Decreased temperature
Sleep loss consequences

- 10-15% fatal vehicle accidents
- Night, high speeds and young men
- Effects increased with alcohol
- Performance lapses
Handling "FOMO" (Fear of missing out?)

Deci-Sions = Ten-Sion!
Memo From
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Plan Ahead!!!

www.Sleepyti.me
Don't food shop when tired or hungry
A balanced diet is a cookie in each hand, right?
Sleep enhancing foods:
Tart cherries, popcorn, almonds, jasmine rice, bread, camomile tea, halibut, bananas, milk, yogurt, chick peas, green tea, oatmeal, honey, edamame, saffron, cereal, potato, miso, dark chocolate

Magnessium, potassium, tryptophan, B6
Meditation Technique 4-7-8 breathing
Sleep Mistakes

Everynight I go to sleep late
And in the morning I realize it was a bad idea
Sleep Hygiene Tips:

- Natural rhythm of **day-light** & **dark-night**
- 30-60 min solar noon outdoor light
- Don't eat or exercise too late
- Avoid **blue** wavelength light
- Sleep in total **darkness**
- Cool and Quiet bedroom
- Set alarm to prepare bedtime wind down an hour in advance
How to pull an all-nighter....
Make sure you really have to

Move, dance, stretch 5 minutes every hour

Ice cubes on eyelids       Drink ice water, not caffeine
Laugh don't yawn           Eat protein, dairy or apples
Hardcore metal arythmic music
Get scared
Tap feet

Stand up
Cold air
2-3 hour prenap

Make sure you really have to!!!

Not in bed
Save easiest work for later
Rests, breaks, naps, "breathers", mini-vacations, siestas, time outs
What did da Vinci, Einstein and Edison have in common?
How Long to Nap

10 to 20 Minutes
This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

30 Minutes
Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap’s restorative benefits become apparent.

60 Minutes
This nap is best for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. The downside: some grog is seen upon waking up.

90 Minutes
This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically aligned to the dreaming stage. This leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

Siestas? Si!
Siesta time, 1 p.m. to 4 p.m., is ideal, though it depends on when people wake up and go to bed. Napping later in the day can interfere with falling asleep at night.

A Nation of Nappers
34%
Slightly more than one-third of adults in the U.S. say they take a nap on a typical day.

Exercise and Naps

Reducing the Sleep Deficit
Healthy adults who don’t get as much sleep as they’d like should nap. A person who dreams during a short nap likely is sleep-deprived. For conditions like insomnia or sleep apnea, napping isn’t recommended.

Where to Nap?
In a parked car, under a desk—lying on a couch—whatever works, experts say. But to avoid a deep sleep, it’s best to sit slightly upright.

Naps: Wasted on the Young
The drive for longer naps sharper for the young—adolescents, college students and individuals through their 20s. As we age there is a tendency to take and be satisfied with shorter naps.

37% vs. 30%
People who said they’d had vigorous exercise in the past 24 hours were more apt to nap than those who hadn’t.

Sources: Pew Research Social & Demographic Trends, 2009; American Academy of Sleep Medicine; David Dinges, Jane Rose, Penn State College of Medicine; University of Pennsylvania’s Matthew Walker, Stanford University; School of Medicine’s Sleep Medicine Center; Sara Mednick, University of California; Roper Reports, Leon Link, Snore, University of Alberta; Kimberly Gurland, Brock University, Canada; Sara Alperin, University of Virginia
I DON'T HAVE A PROBLEM WITH CAFFEINE.

I HAVE A PROBLEM WITHOUT CAFFEINE.

ALCOHOL does not cause HANGOVERS!

SLEEP is the problem, cos I FELT GREAT before I went to sleep!
Nothing can replace sleep better than sleep
Melatonin might help!
The secret to a good night sleep:
A good day awake!!!
When I die......
will I wake......
and say to myself......

I've had the most wonderful dream?
www.zzenter.com and like Zzenter FB page

Weswell sleep tips: http://www.wesleyan.edu/weswell/online/sleep.html
Sleep: the end!
Yoga and relaxation poses