



WeSleep Matterzz

Shelley Berson MD, FAASM, FAAOA, '81 P'16



The Bedtiming Story



Plan food, activities, H₂O

Plan daylight exposure

Plan ahead for all-nighters

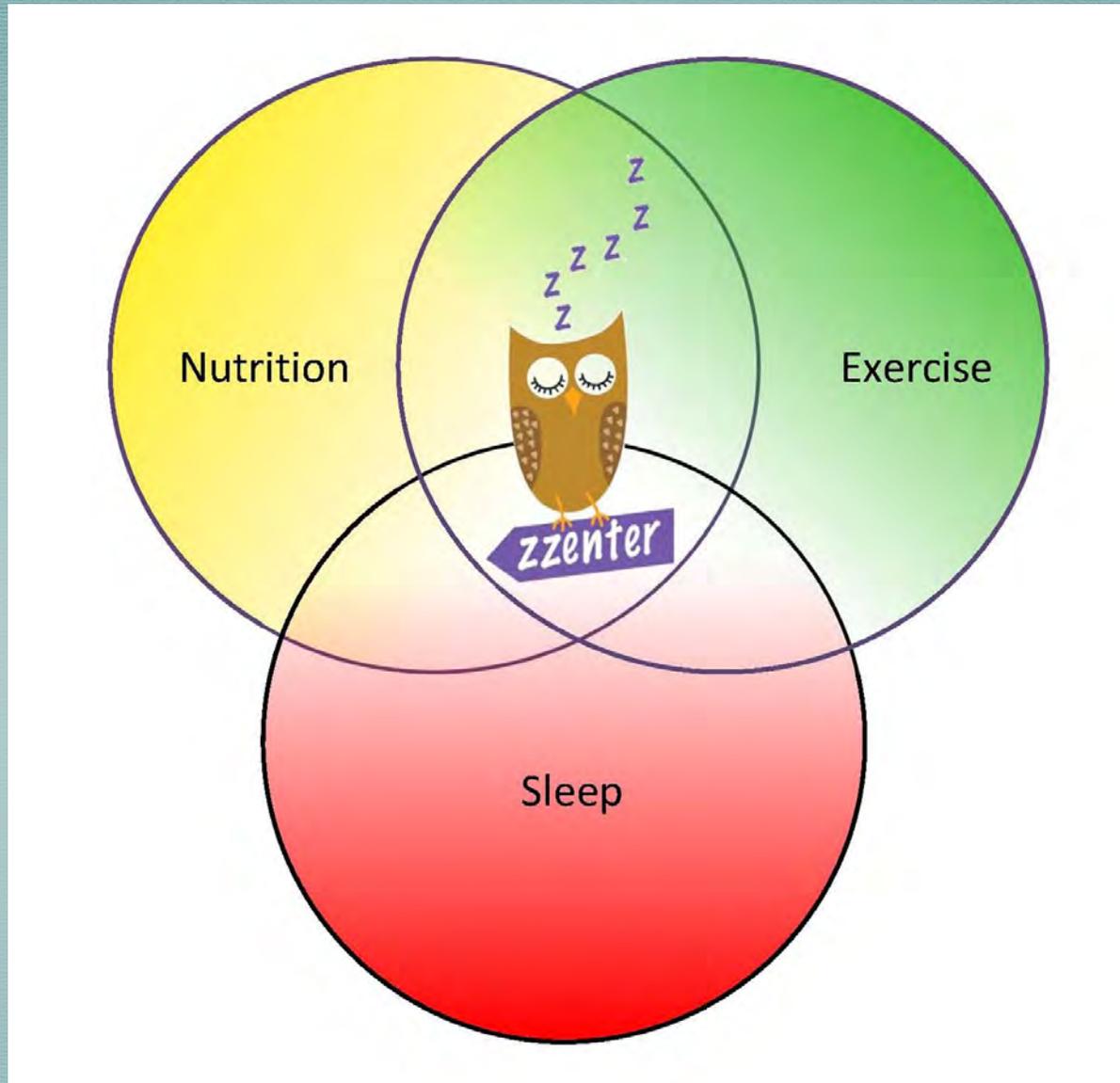
Time 8 hours of sleep

Time naps

Time for REM

THE END





We consciously choose Nutrition and Activities
Sleep just happenzzzz...





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

More naturally colored food

NO



Are You Hydrated?



NO



YES

Pee lemonade, not apple juice



Do the exercise you'll do!

Function of Sleep

Restoration of energy

Detoxification & repair

Consolidation of
memory

DREAMING!

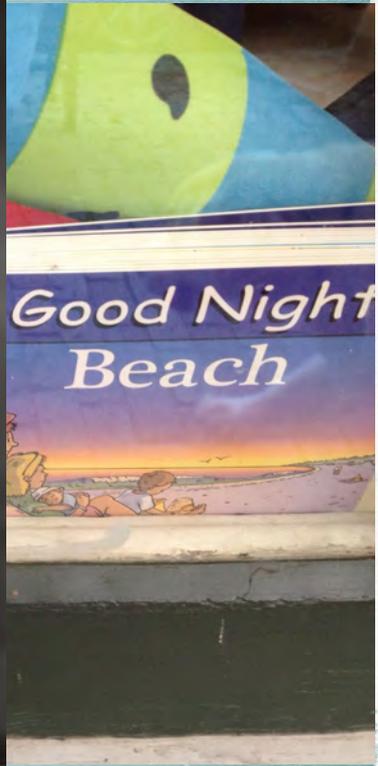




Andante

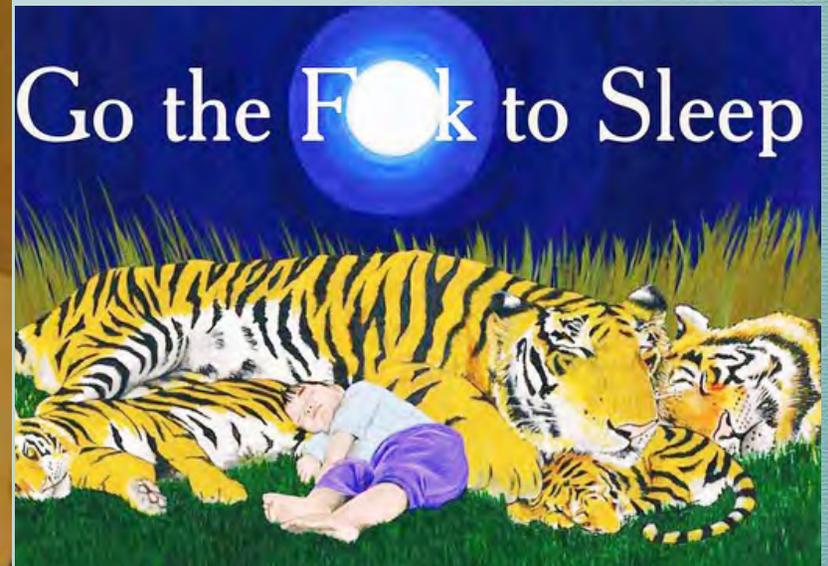
Piano

p



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



Lullaby
for piano solo

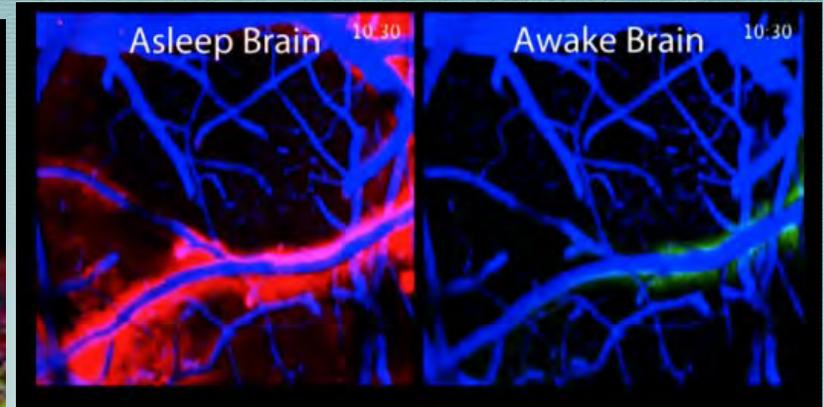
Piano arrangement
by Fabrizio Ferrari

Vivace delicata J. Brahms (1833-1897)

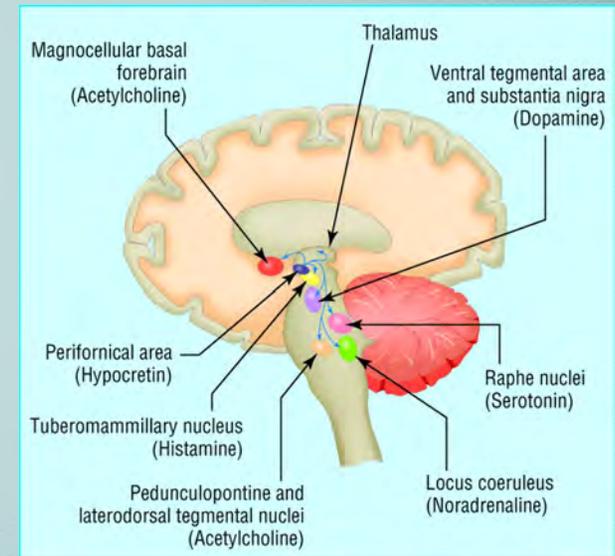
A piano arrangement of Brahms' Lullaby, showing the first six staves of music in G major, 3/4 time. The score includes dynamics like p, mf, and p always.

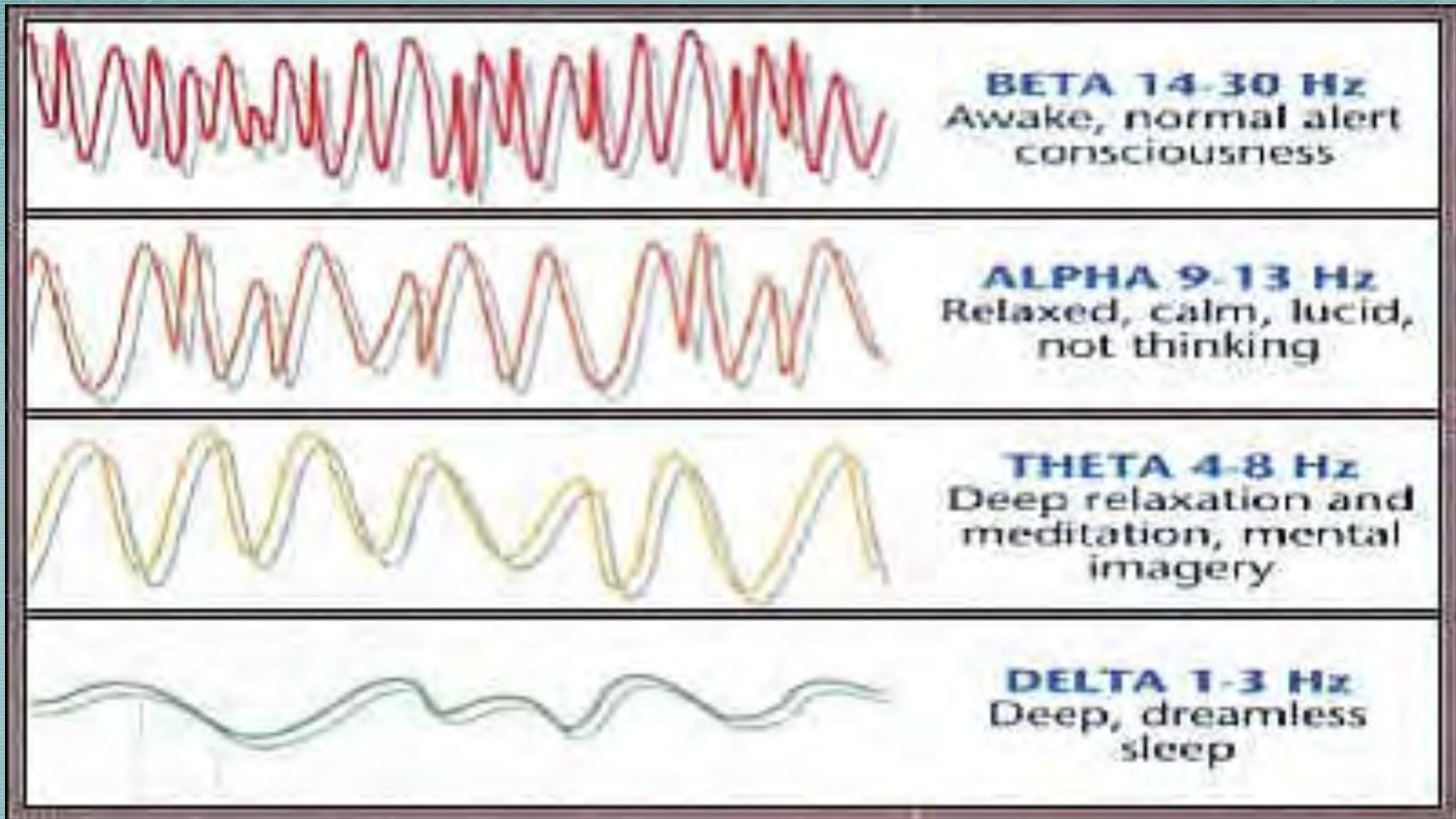
- * Snoring sound
- * Leg movements
- * Airflow
- * Effort
- * Oxygen saturation
- * HR and EKG
- * Brain waves
- * Sleep stages N1 N2
SWS REM
- * Positions





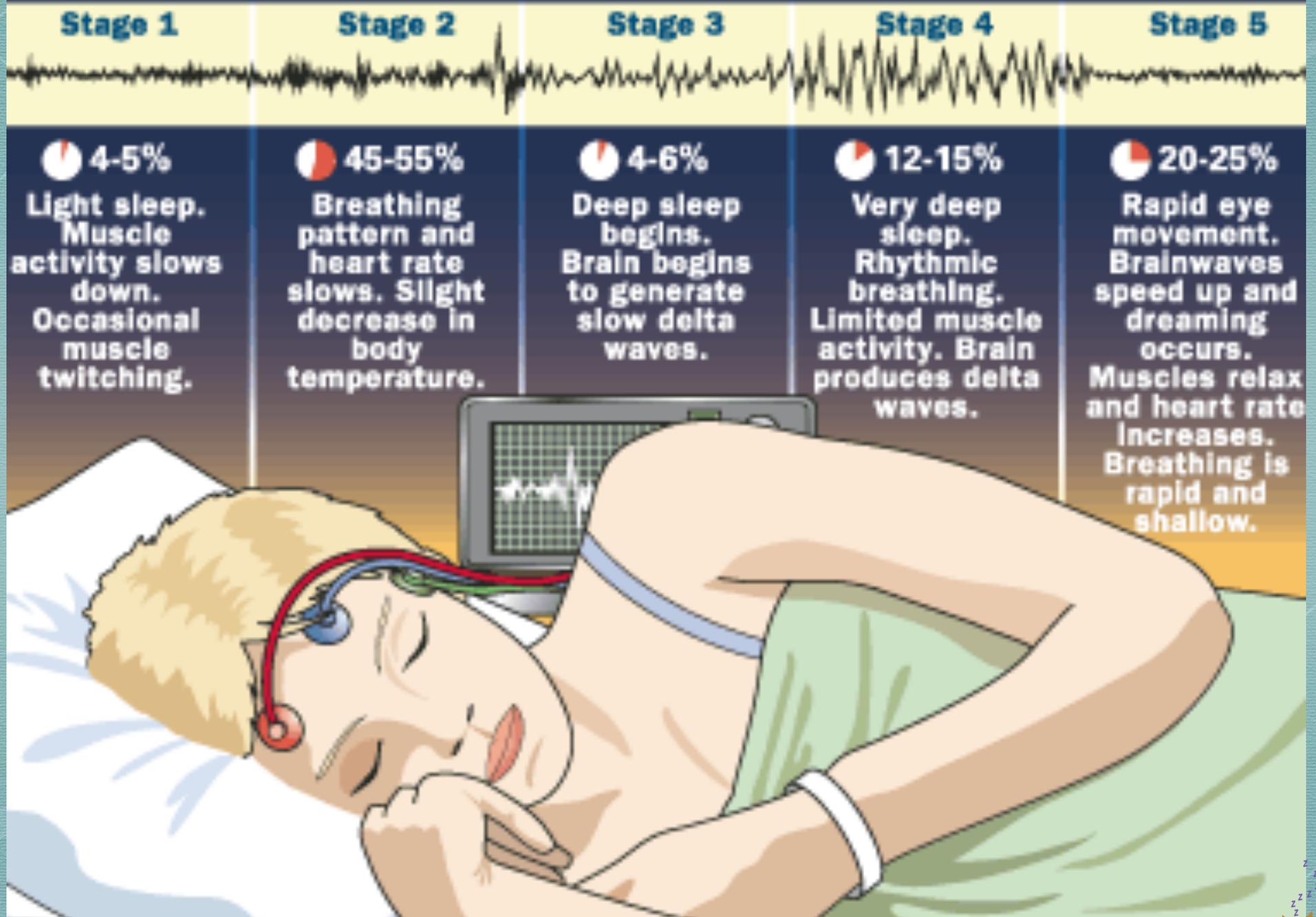
**Hypothalamus controls sleep
and wakefulness**
**Links nervous and endocrine
systems**





Brain Waves Slow With Sleep

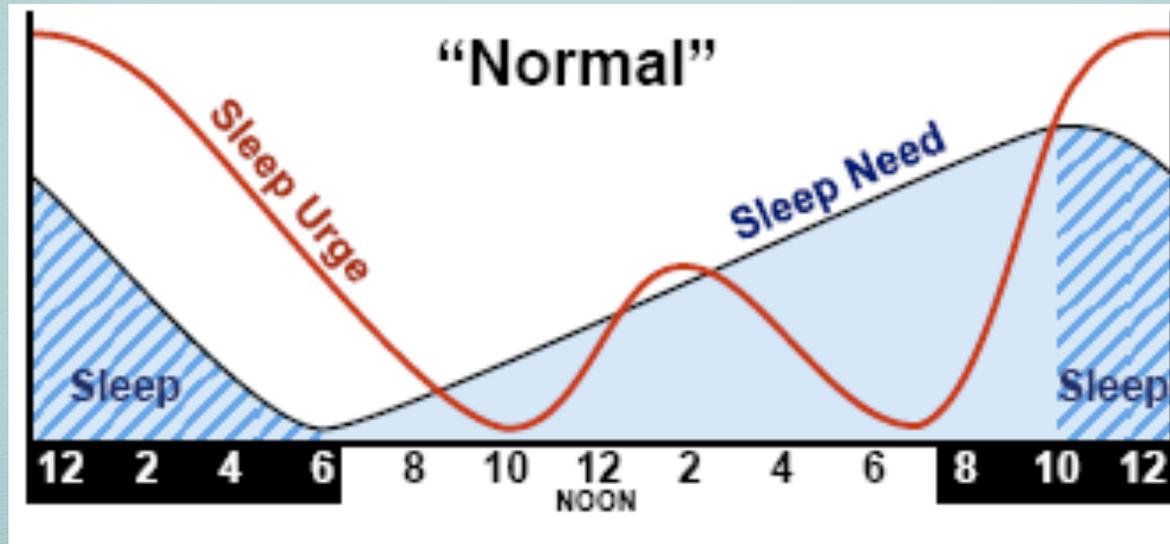
100% Sleep Cycle





Awake in light and asleep in dark





"Normal" Circadian Rhythm



What's going on in your dorm room?

World's Most Accurate Pie Chart



Time in bed not equal to time asleep



Sleepwalking roommate?

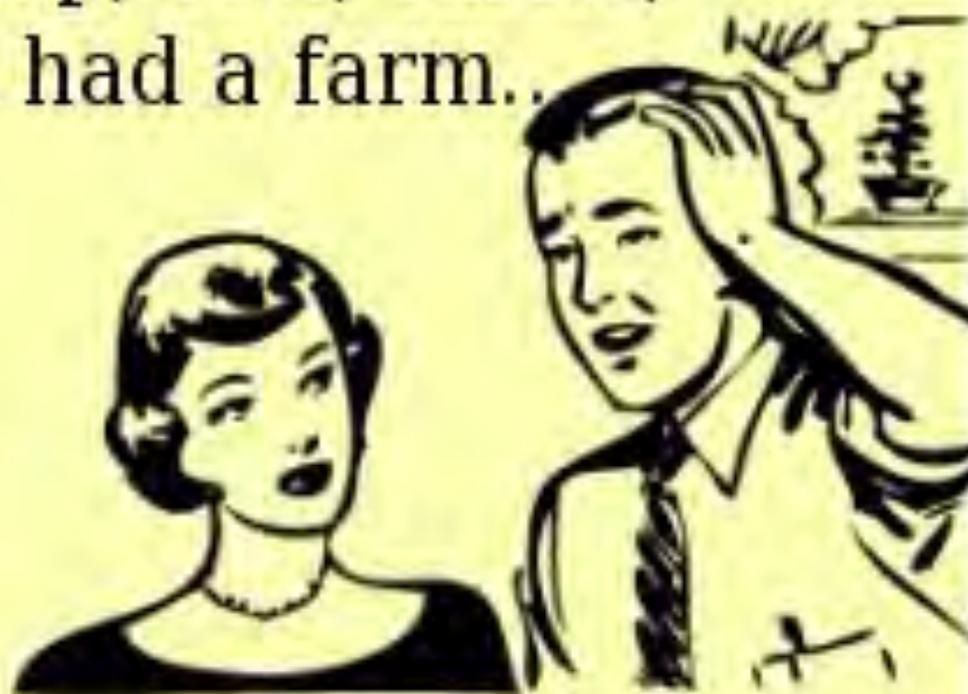


Snoring roommate?

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..
HEEEY Macarena!





Insomnia - cannot fall or stay asleep

Delayed Sleep Phase Syndrome



**WHAT IF EVERYONE IN THE
WORLD IS NARCOLEPTIC**



**BUT WE ALL FALL ASLEEP AT THE
SAME TIME**

Narcoleptic Roommate?



Shift work disorder - Night Owl

Effects of 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 Deprivation

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
SHELLEY R. BERSON, M.D., FACS, FAAOA
BOARD CERTIFIED
ENT, SLEEP MEDICINE & ALLERGY
(845) 727-1340

Plan
Ahead
d!!!



www.Sleepyti.me





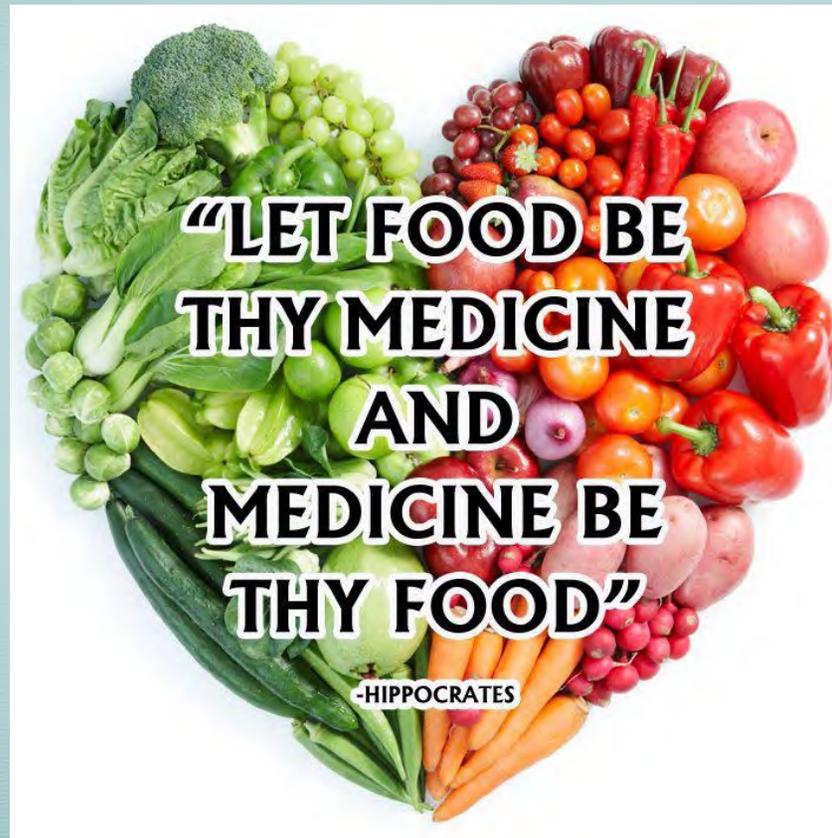
Don't food shop when tired or hungry

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



Magnesium, 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
arhythmic music**

Get scared

Tap feet

Stand up

Not in bed

**Save easiest
work for
later**

Cold air

Lights on

2-3 hour prenap

Make sure you really have to!!!

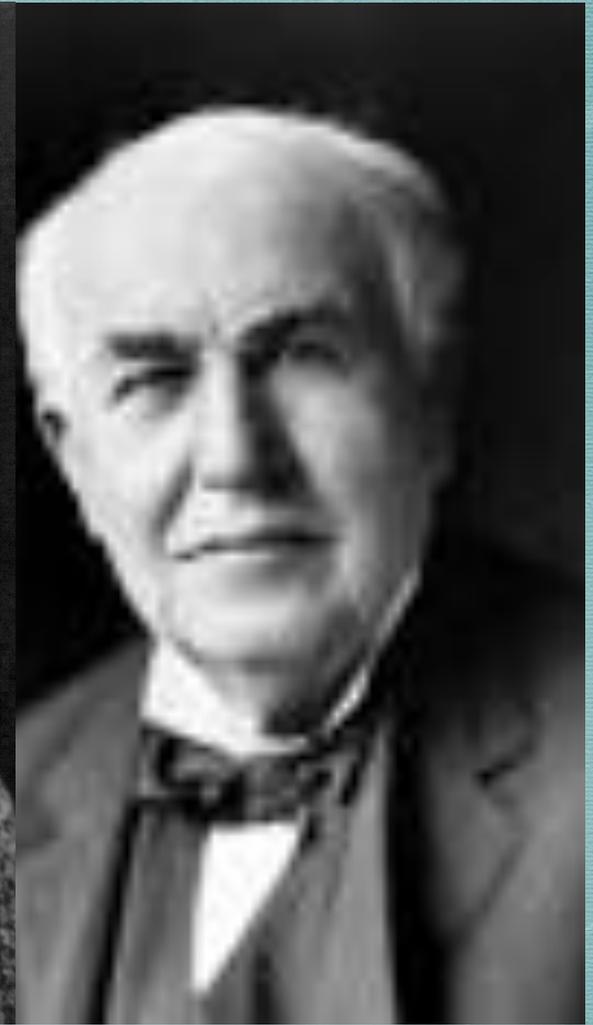
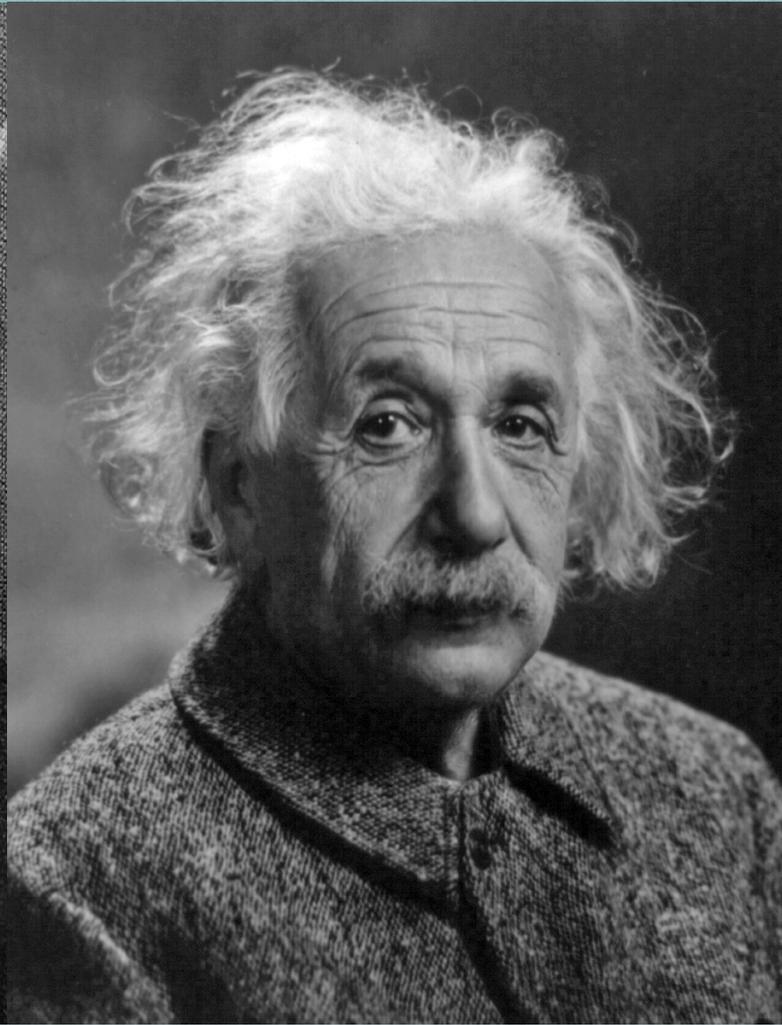
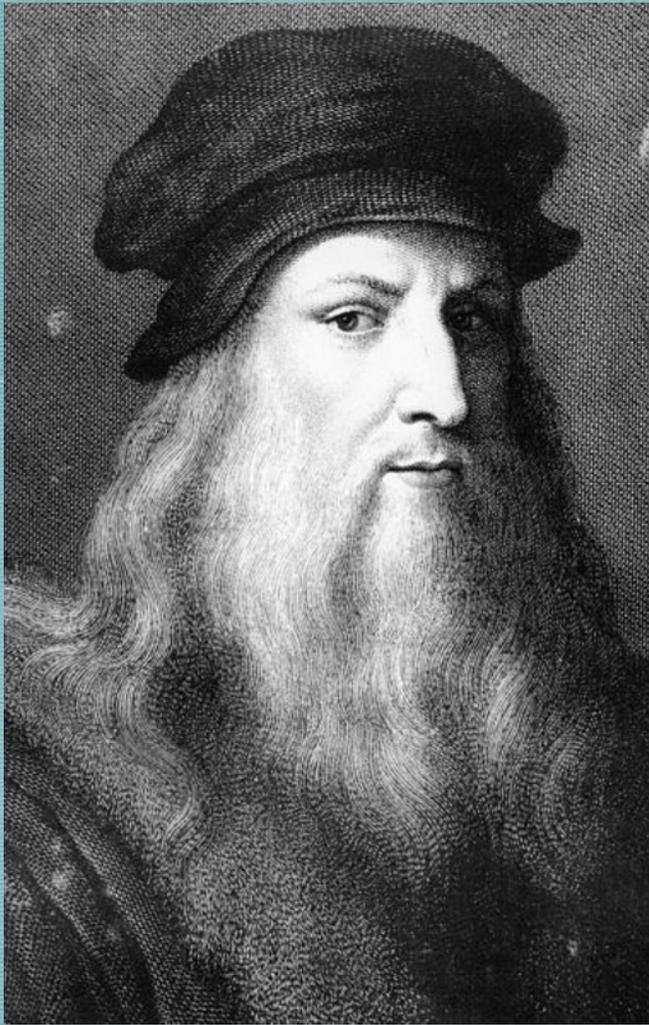


Rests, breaks, naps, "breathers", mini-vacations, siestas, time outs



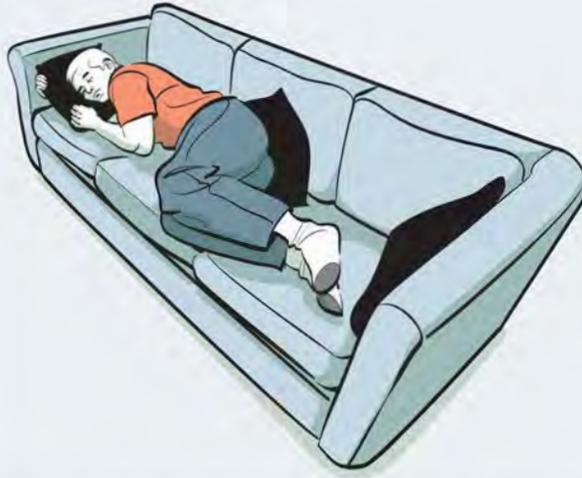
Symbol	Rest Names
	Whole Rest
	Half Rest
	Quarter Rest
	Eighth Rest
	Sixteenth Rest





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 grogginess 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 likened 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.



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.



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



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.

Reducing the Sleep Deficit

Healthy adults who don't get as much as 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.



Naps: Wasted on the Young

The drive for longer naps is higher 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.



Illustrations by Renée Geffroy

Sources: Pew Research Social & Demographic Trends, 2009; American Academy of Sleep Medicine; David Dinges, Ilene Roser, Perelman School of Medicine, University of Pennsylvania; Rafael Pelayo, Stanford University School of Medicine's Sleep Medicine Center; Sara Mednick, University of California, Riverside; Leon Lack, Nicole Lovatto, Flinders University, Australia; Kimberly Cote, Brock University, Canada; Sara Alger, University of Notre Dame



**I DON'T HAVE A PROBLEM
WITH CAFFEINE.**



**I HAVE A PROBLEM
WITHOUT CAFFEINE.**

ALCOHOL

does not cause

HANGOVERS!

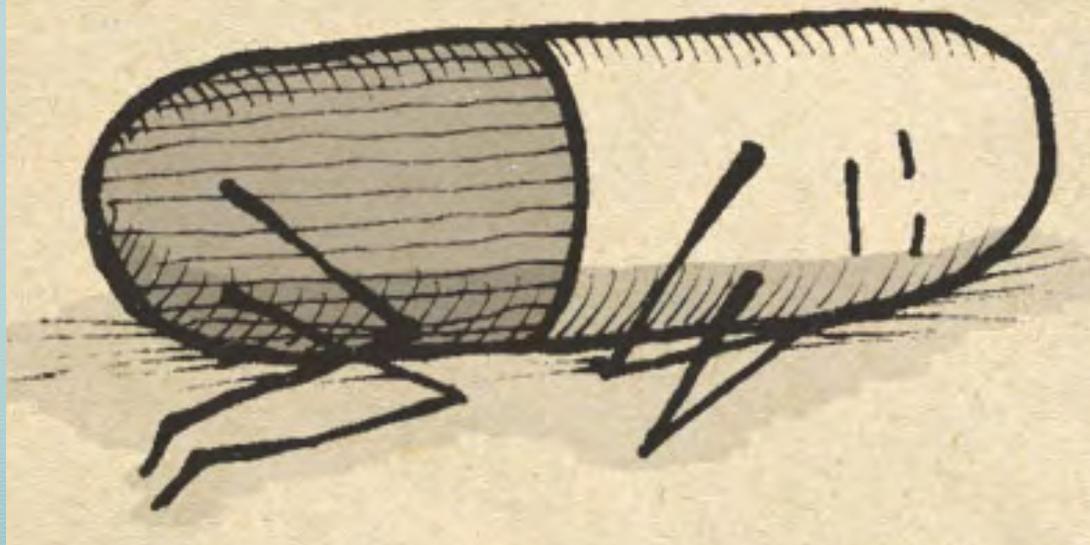
SLEEP

is the problem, cos I

FELT GREAT

before I went to sleep!

SLEEPING PILL



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.....

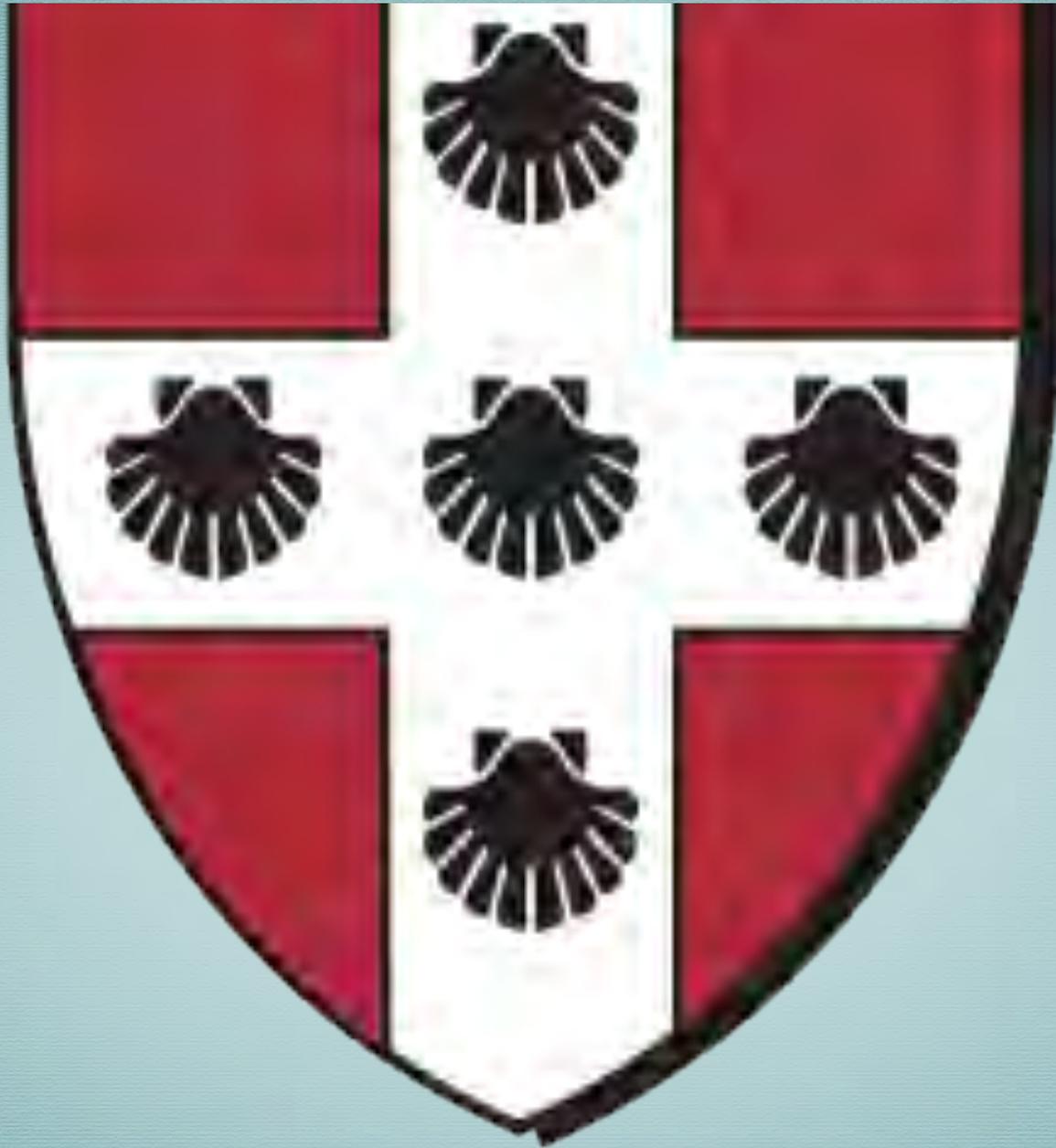


I've had the most
Wonderful dream?



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

