

Sleep Soundly Tonight

Instructor Directions

Optional Activities:

1. Using the Sleep Misconceptions handout, quiz participants with True or False questions before giving them the handout.
2. Prepare recipes from Sleep Remedies handout together as a group, to use for refreshments or as door prizes.
3. Demonstrate recipes from Sleep Remedies handout for participants.
4. Go around the room to find out who follows all the “don’t” list on the Do’s and Don’ts handout.
5. Give all participants a small notepad and pen to use at night when something comes to mind while they are trying to go to sleep.
6. Try the relaxation breathing together on the Sleep Remedies handout.
7. Try one of the relaxation remedies listed on the Sleep Remedies handout.
8. Discuss different sleep disorders using handout from the FDA.

Materials Needed:

Handouts for participants
Recipe ingredients for selected recipes

Sources:

How to Sleep Soundly Tonight by Barbara L. Heller
FDA: Office of Women’s Health
National Sleep Foundation

Submitted by: Karen Hinshaw, Huntington County CFS Educator, Area XI

Common Sleep Misconceptions...



1. While you are asleep, your brain rests.
False. While your body rests, your brain does not. An active brain during sleep prepares us for alertness and peak functioning the next day.
2. You can learn to function normally with one or two fewer hours of sleep than you need each night.
False. Sleep need is biological. While children need more sleep than adults, how much sleep any individual needs is genetically determined. Most adults need eight hours of sleep to function at their best. How to determine what you need? Sleep until you wake on your own...without an alarm clock. Feel rested? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.
3. Boredom makes you feel sleepy, even when you have had enough sleep.
False. When people are active, they usually don't feel sleepy. When they take a break from activity, or feel bored, they may notice that they are sleepy. However, what causes sleepiness most is sleep loss: not getting the sleep you need. Adults who don't get enough good sleep feel sleepy when they're bored. Boredom, like a warm or dark room, doesn't cause sleepiness, it merely unmasks it.
4. Resting in bed with your eyes closed cannot satisfy your body's need for sleep.
True. Sleep is as necessary to health as food and water, and rest is no substitute for sleep. As noted above, sleep is an active process needed for health and alertness. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid...with sleep. If you drive when you're sleepy, you place yourself and others at risk because drowsy drivers can fall asleep at the wheel with little or no warning. Sleepiness contributes to driver inattention, which is related to one million crashes each year!
5. Snoring is not harmful as long as it does not disturb others or wake you up.
False. Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and arouse repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness, which raises the risk for accidents and heart problems. Yet 95% of those with sleep apnea remain unaware that they have a serious disorder. The good news: With treatment, patients can improve their sleep and alertness, and reduce their risk for accidents and health problems. Physicians and sleep specialists should be consulted.
6. Everyone dreams at night.
True. Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.
7. The older you get, the fewer hours of sleep you need each night.
False. Sleep need remains unchanged throughout adulthood. Older people may wake more frequently through the night and may sleep less, but their sleep need is no less than during young adulthood. When older people sleep less at night, they tend to sleep more during the day. Sleep difficulties are not a normal part of aging, although they are all too common. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

8. Most people do not know when they are sleepy.

True. Most people don't know when they're sleepy. Researchers have asked thousands of people over the years if they're sleepy, only to be told no...just before the individuals fell asleep! What does this mean? Many people don't know if they are sleepy, when they are sleepy, or why they are sleepy. When driving, don't think you can tough it out if you're sleepy but only a few miles from your destination. If you're sleepy enough, you can fall asleep...anywhere.

9. Raising the volume on your radio or opening the window will help you stay awake while driving.

False. If you're having trouble staying awake while driving, the only short-term solution is to pull over at a safe place and take a short nap or have a caffeinated drink. Doing both - for example, drinking coffee, then napping before the caffeine kicks in - may be even better. However, the only long-term solution is prevention...starting out well rested after a good night's sleep. Research shows that loud radios, chewing gum and open windows, fail to keep sleepy drivers alert.

10. Sleep disorders are mainly due to worries or psychological disorders.

False. Stress is the number one reason people report insomnia (difficulty falling or staying asleep). However, stress accounts for only a fraction of the people who suffer either chronic insomnia or difficulty staying alert during the day. Sleep disorders have a variety of causes. Sleep apnea, for example, is caused by an obstruction of the airway during sleep. Narcolepsy, which is characterized by severe daytime sleepiness and sudden sleep attacks, appears to be genetic. No one knows yet what causes restless legs syndrome, in which creepy, crawly feelings arise in the legs and are relieved, momentarily, by motion.

11. The human body never adjusts to shift work.

True. All living things (people, animals, even plants) have a circadian or about 24-hour rhythm. This affects when we feel sleepy and alert. Light and dark cycles set these circadian rhythms. When you travel across time zones, your circadian rhythm adjusts when the light and dark cycle changes. For shift workers, the light and dark cycle doesn't change. Therefore, a shift worker's circadian rhythm never adjusts. Whether you work the night shift or not, you are most likely to feel sleepy between midnight and six a.m. And no matter how many years one works a night shift, sleeping during the day remains difficult. Shift workers should avoid caffeine during the last half of their workdays, block out noise and light at bedtime, and stay away from alcohol and alerting activities before going to sleep.

12. Most sleep disorders will eventually go away without treatment.

False. Unfortunately, many people who suffer from sleep disorders don't realize that they have a disorder or that it can be treated. But sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day, scheduling naps or losing weight), pharmacological (involving medication), surgical or a combination. Untreated sleep disorders may have serious negative effects, worsening quality of life, school and work performance, and relationships. Worse, untreated sleep disorders may lead to accidents and death.

At Home Sleep Remedies

Sleep Soundly Herbal Tea

- 1 cup dried chamomile flowers
- 1 cup dried lemon balm
- 1/2 cup dried catnip
- 1/2 cup dried oat straw
- 1/4 cup dried valerian or hops (optional)

Mix all herb well and store in an airtight jar. Use 1 teaspoon of the blend for each cup of tea.

**Caution: some individuals with hay fever or ragweed allergies may experience an allergic reaction to chamomile.



Calming Essential Oils

- Bergamot
- Chamomile
- Clary sage
- Lavender
- Lemon balm
- Orange
- Rose
- Sandalwood
- Sweet marjoram
- Ylang-ylang

Sleep-inducing and relaxation herbs

- California Poppy
- Catnip
- Hops
- Kava-Kava
- St. John's Wort
- Valerian
- Before trying any herbs as a sleep remedy, speak with your doctor about possible medication interactions.

Progressive Breathing Technique

1. Lie on your back in bed. Take 4 long, slow, deep breaths through your nose.
2. Turn onto your left side and repeat the process, however taking 8 breaths.
3. Return to your back and take 16 breaths.
4. Now, turn to your right side and take 32 breaths.
5. If you are still awake, continue this cycle. Each time you turn, double the number of breaths you take.

These recipes and recommendations, along with others, can be found in ***How to Sleep Soundly Tonight***, which was written by Barbara L. Heller.

Sleep Soundly Bath Salts

- 2/3 cup baking soda
- 2/3 cup Epsom salt
- 2/3 cup sea salt
- 25-30 drops lavender essential oil

Mix all ingredients in a bowl. Cover the bowl with a cotton cloth and allow it to dry overnight. Once dried, stir the mixture to break up any chunks. Separate into 1/2 cup portions.

Use 1/2 cup per bath. Pour in while bath is filling.



Sleep Soundly Bath Bags

- 1 cup dried chamomile flowers
- 1 cup dried lavender flowers
- 1 cup oatmeal
- 1/2 cup dried hops
- 1/2 cup dried rose petals

Combine all ingredients. Place 1/2 cup of the mixture in the center of a piece of thin fabric (like muslin) and tie closed. While running the bath water, look the tie over the faucet so the water runs through the bag as the tub fills. Enjoy!

Relaxation Remedies

- Guided Imagery
- Progressive Muscle Relaxation
- Yoga
- Massage Therapy
- Reflexology
- Acupuncture
- Progressive Breathing

The Do's and Don'ts of Sleeping Soundly...

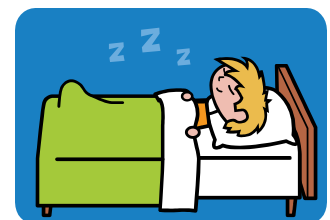
Do's

- Go to sleep and wake up at the same time everyday.
- Avoid caffeine, chocolate, nicotine, and alcohol four to six hours before bed.
- Get regular exercise, but not within three to six hours of bed.
- Avoid large meals within two to three hours of bed.
- Avoid napping, especially after 3:00pm.
- Make sure your bedroom is dark and quite. If needed use a fan or white-noise machine to drown out noises.
- Set your thermostat between 65-70°. Below 60°, you will likely get less sleep and above 75° it is generally too hot for sound sleep.
- Take 30 minutes before going to bed to wind down by doing something that helps you to relax. This could include drinking some milk or herbal tea, reading, listening to soothing music, or taking a hot bath.
- Take care of problems before going to bed by taking a few minutes to write things down or talk about concerns with your partner. Also, put a pen and note pad next to the bed in order to write down any things that come into your head while getting to sleep.



Don'ts

- Don't use your bedroom as a place to do work, pay the bills, or watch TV.
- Don't eat your heaviest meal in the evening. It can take several hours for a large meal to fully digest, which may not only keep you up, but cause heartburn.
- Don't consume alcohol at night. Although it may cause sleepiness, it will lead to light sleep and an early wake up.
- Don't watch the clock when you are unable to sleep. Place it just out of sight so you won't become frustrated.
- Don't lie awake in bed for an hour every night. If you go to bed at the same time every night but lay awake for an hour or so each night, adjust the time you go to bed and relax for that hour outside of bed.
- Don't lie in bed with worries running through your mind. Get out of bed and write down or talk about what is bothering you. A worry-free, clear mind will make it much easier to relax and fall asleep.



Sleep Disorders

Most adults need at least eight hours of sleep every night to be well rested. Not everyone gets the sleep they need. About 40 million people in the U.S. suffer from sleep problems every year.

Not getting enough sleep for a long time can cause health problems. For example, it can make problems like diabetes and high blood pressure worse.

Many things can disturb your sleep.

- Stress
- A sick child
- Working long hours
- Light or noise from traffic or TV
- Feeling too hot or cold
- Wine, beer, or liquor

What are the different types of sleep problems?

- Insomnia
- Snoring
- Feeling sleepy during the day
- Sleep apnea

Insomnia

Insomnia includes:

- Trouble falling asleep
- Having trouble getting back to sleep
- Waking up too early

Most people will have trouble falling asleep from time to time. It is usually nothing to worry about. Stress, like the loss of a job or a death in the family could cause problems falling asleep. Certain

medicines can make it hard to fall asleep. Drinking alcohol or eating too close to bedtime can keep you awake, too.

Insomnia is called chronic (long-term) when it lasts most nights for a few weeks or more. You should see your doctor if this happens. Insomnia is more common in females, people with depression, and in people older than 60.

Treatment:

Taking medicine together with some changes to your routine can help most people with insomnia (about 85 percent). Certain drugs work in the brain to help promote sleep.

Tips for better sleep

- Go to bed and get up at the same times each day.
- Avoid caffeine, nicotine, beer, wine, and liquor four to six hours before bedtime.
- Don't exercise within two hours of bedtime.
- Don't eat large meals within two hours of bedtime.
- Don't nap later than 3 p.m.
- Sleep in a dark, quiet room that isn't too hot or cold for you.
- If you can't fall asleep within 20 minutes, get up and do something quiet.
- Wind down in the 30 minutes before bedtime by doing something relaxing.



Sleep Disorders

Feeling sleepy during the day

Feeling tired every now and then is normal. It is **not** normal for sleepiness to interfere with your daily life. Watch for signs like:

- Slowed thinking
- Feeling cranky
- Trouble paying attention
- Heavy eyelids

Several sleep disorders can make you sleepy during the day. One of these is narcolepsy. People with narcolepsy feel very sleepy even after a full night's sleep.

It is normal to take between 10 and 20 minutes to fall asleep. People who fall asleep in less than five minutes may have a serious sleep disorder.

Snoring

Snoring is noisy breathing during sleep. It is caused by vibrating in the throat. Some people can make changes that will stop snoring. These include:

- Losing weight
- Cutting down on smoking and alcohol
- Sleeping on your side instead of on your back

Treatment:

You can buy over-the-counter nasal strips to help prevent snoring. You place one over your

nose before going to bed to make breathing easier.

Sleep Apnea

Snoring loud and often, together with too much daytime sleepiness, may be signs of sleep apnea. Sleep apnea is a very common sleep disorder. It is also very dangerous. The most common type of sleep apnea happens when your breathing stops during sleep. It can stop for about 10 seconds to as long as a minute. You wake up trying to breathe. This stop-and-start cycle of waking to breathe can repeat hundreds of times a night. The danger is that some time you may not wake up to breathe. If this happens, you can die.

You are likely to feel sleepy during the day if you have this problem. People with sleep apnea tend to be overweight. It is more common among men than women.

Treatment:

- The most common treatment is a device that pushes air through the airway. This device is called a CPAP.
- Avoid beer, wine, liquor, tobacco, and sleeping pills.
- Your doctor may also suggest you lose weight.
- In some cases, you may need surgery to make the airway bigger.

FDA Office of Women's Health <http://www.fda.gov/womens>

To Learn More:

Food and Drug Administration (FDA)

<http://www.fda.gov>

National Center on Sleep Disorders Research National Heart, Lung, and Blood Institute

6705 Rockledge Drive

One Rockledge Center, Suite 6022

Bethesda, MD 20892-7993

Phone: 301-435-0199

<http://www.nhibi.nih.gov/about/ncsdr/index.htm>