



PHYSICAL WELLNESS

**SLEEP**



# BIOLOGICAL NEED FOR SLEEP

## ○ *basal sleep need*

- In rooms with no clocks or windows, 95% sleep 7-8 hours. Only 2.5% sleep less.
- More stress or ill—need more
- Top performers need more
  - Violinists 8.5 plus 20-30 min nap
- However, no "magic number"—its individual

## ○ *sleep debt*

## ○ *long sleep durations*

- increased morbidity and mortality
- Confounding variables--SES, illness, depression.

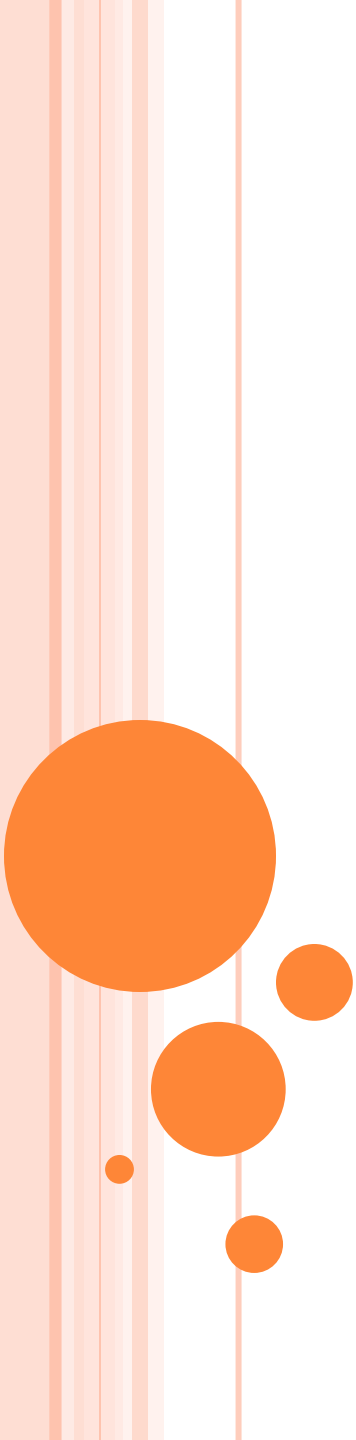
## ○ Sleep deprivation is a form of torture—Amnesty International



# SIGNS OF SLEEP DEPRIVATION

- Cognition
  - Hazy cognition
  - Impaired attention/concentration
  - Impaired memory
  - Impaired decision making
- Physical
  - Fatigue
  - Gross motor instability
  - Fine motor dexterity impaired
  - Inc production stress hormones
  - Inc risk accidents
  - Inc appetite/inc weight
  - Inc health problems: diabetes, cardiac, etc.
- Mood
  - depressed, hopeless, anhedonic
  - Inc risk alcoholism and substance abuse
- Job
  - Productivity/output lower
  - Quality is impaired, more errors





**SO WHY IS SLEEP ONE OF THE FIRST THINGS WE'RE WILLING TO SACRIFICE AS THE DEMANDS IN OUR LIVES KEEP RISING?**

**Myth: sleeping one hour less will give us one more hour of productivity.**

# WAYS TO IMPROVE SLEEP QUALITY AND QUANTITY

Good sleep hygiene

- Consistent bedtime/wake time

- No electronics* 30-60 minutes before bed

- Bedtime routine for those 30-60 minutes

- Quiet, comfortable, dark, cool

No caffeine or alcohol (esp after lunch)

Wind down

- Relaxation techniques

- Write down to-dos before bed

Use your bedroom only for sleep

Exercise regularly (at least a few hours before bedtime)



# RESOURCES

- NEW UAMS Sleep Disorders Center
  - 686-8000 for appointment
  - WLR location

