

Sleep Hygiene

Group Discussion – Sleep Hygiene Workshop

In your group discuss the following:

- 1. What affects our sleep?’**
- 2. What can we do to make it better?’**

What is Sleep Hygiene?

- **Improving the quality and quantity of sleep** and reducing behaviours that can disrupt sleep.
- **There is no ideal amount of sleep that suits everybody**, but the amount of sleep we need in the night tends to reduce with age.
- It's more important to have a good quality sleep rather than having lots of poor-quality sleep. Sometimes we need to make some changes to our routines or habits to improve our sleep hygiene.
- We all have a different 'circadian' rhythm which is our physical, behavioural and mental changes that follow a 24-hour period and is affected by light and dark (including animals that know whether to come out during the day or sleep in the day if they are nocturnal).



Stages of Sleep

Your Sleep Is Made up of Four Different Stages



Awake



Light Sleep



Deep Sleep



REM Sleep

When asleep our bodies move through different cycles and stages of sleep which can last around 90-110 minutes. It is normal to have 4-5 cycles of these stages each night and everyone will vary on times.

4 stages of sleep:

Stage 1 – Non- REM – the nodding off stage (up to 5 mins)

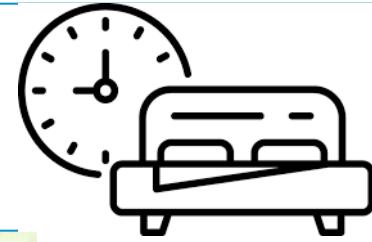
Stage 2 – Non- REM – calm and relaxed, heart rate and breathing slows and temperature drops (up to 60 mins)

Stage 3 – Non- REM – deeper sleep (muscle tone reduces, pulses drop even more and relaxation is deeper – difficult to wake someone in this stage – delta (slow) waves detected in studies hence it is called delta sleep) – **restorative and healing** (up to 40 mins but this reduces through the night in each cycle)

Stage 4 – REM – this is the **deepest sleep**. It is when we dream.

Temporary paralysis apart from eyes and breathing organs. Eyes can be seen moving behind the eye lids (up to 60 mins).

What affects our Sleep? What can we do to make it better?



Certain foods and drinks can promote sleep and reduce pain levels

Almonds/Walnuts – contain **melatonin** and helps to create regular sleeping patterns. Plus almonds contain calcium, magnesium which can help to boost muscle relaxation.

Fatty fish – high levels of **omega 3** and **Vit D** which help to create happy hormones and create a fixed sleep/wake cycle.

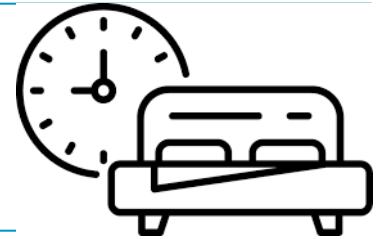
Warm milk – contains calcium, protein, vit A and **vit D** – childhood association with warm milk and bedtime.

Kiwi fruit/Tart cherries – two kiwis contain **melatonin**, calcium, magnesium, potassium

Ref: Foods Which Promote a Sound Sleep & Reduce Pain

A word of caution: it is important to understand that some foods can have an adverse interaction with certain supplements or medications. They could also have an impact certain existing medical conditions. It is essential to discuss dietary changes with your doctor. That way you can ensure that there are no contraindications.

What affects our Sleep? What can we do to make it better?



Alcohol decreases the amount of **Stage 4 sleep**, which is why we feel unrefreshed after drinking to excess.

People who are woken frequently may have less Stage 3 and 4 sleep and may wake up feeling unrefreshed.

If you are experiencing a poor quality of sleep at bedtime, there are a number of ways that you can help to promote a better quality of sleep.

Improving your sleep may take some time but if you practice new techniques or habits you should expect to see some improvement over time.