

Sleep and Your Wellness: More Info on the Business of Sleep



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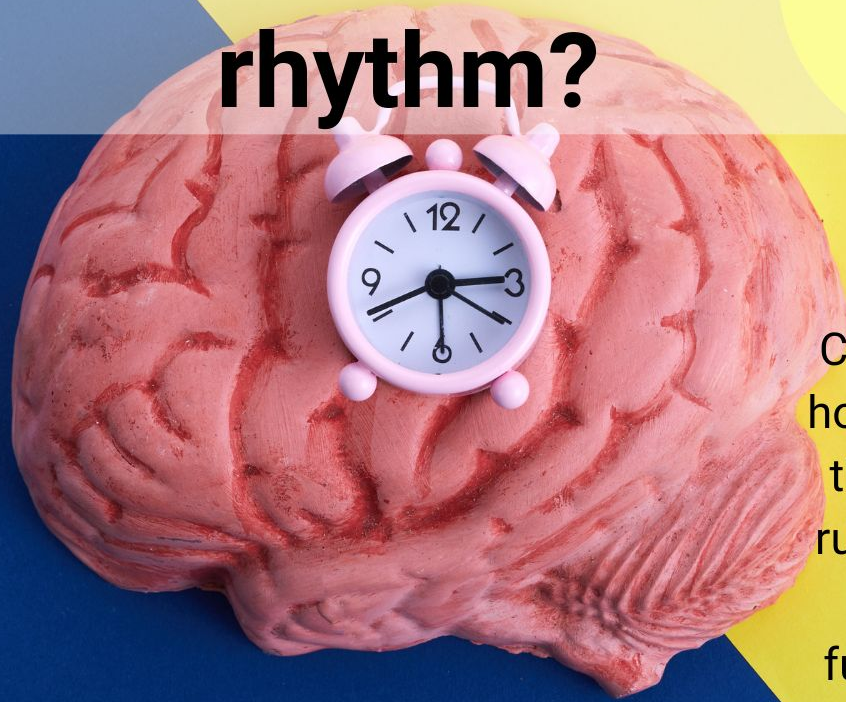
SLEEP WORKS



Agenda

- Circadian Science
- Sleep and Interpersonal Relationships
- Insomnia
- Sleep and Travel
- Sleep Technology
- Strategy Summary
- Q&A

What is a circadian rhythm?



Circadian rhythms are 24-hour cycles that are part of the body's internal clock, running in the background to carry out essential functions and processes.

-The National Sleep Foundation



Circadian rhythms play a vital role in virtually all systems in the body

- Sleep/wake
- Metabolism
- Body temperature
- Immune system
- Digestion
- Fertility

Factors that influence our circadian rhythms:

- Age
- Work hours
- Exercise
- Stress
- Anxiety
- Lifestyle
- **LIGHT**

Chronotypes



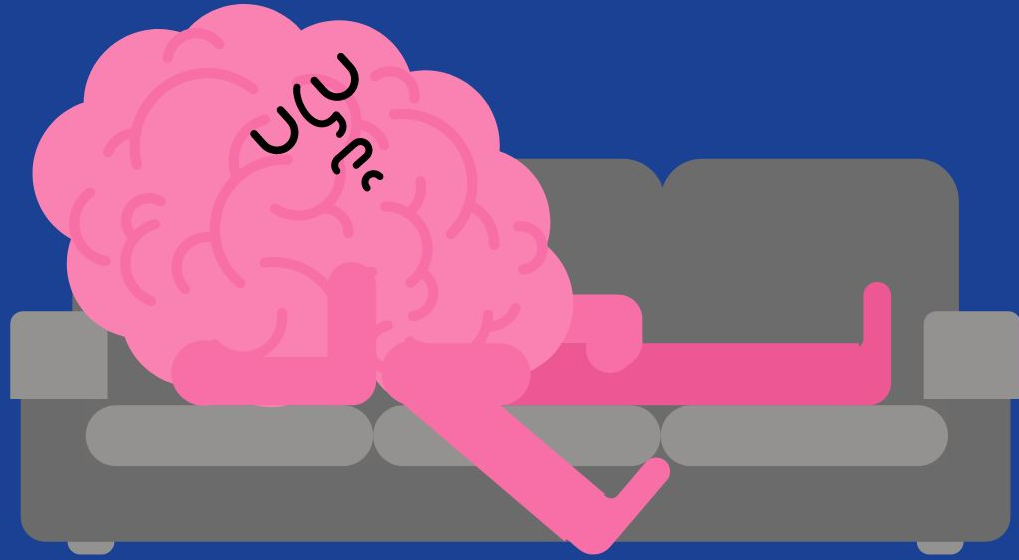
Morning Larks

Night Owls



A sleep deprived brain.....

- lacks self control
- is more irritable
- is more negative
- is more anxious
- is more argumentative



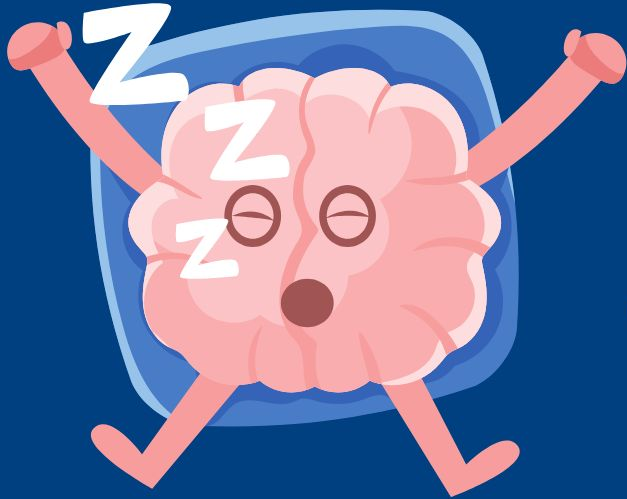
This has consequences on our
**personalities, our relationships, and
our mental health**

MORE THAN WAKING UP ON THE WRONG SIDE OF THE BED

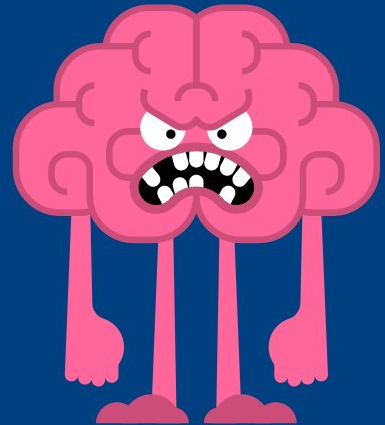
- mood swings
- increased conflict
- increased aggression
- depression
- anxiety
- suicidal ideation
- addictions
- less resilient to stress



Individuals who get an adequate amount of sleep exhibit **fewer emotional outbursts**, such as anger, and display **fewer aggressive behaviours**



Sleep deprivation causes the amygdala to overreact to negative stimuli because it becomes disconnected from brain areas that normally moderate its response.



You're not YOU when you're tired

After a short night of sleep, employees increase their risk of firing off grumpy work emails in the morning, are more likely to ignore requests for meetings and make more demeaning or derogatory remarks while at work.

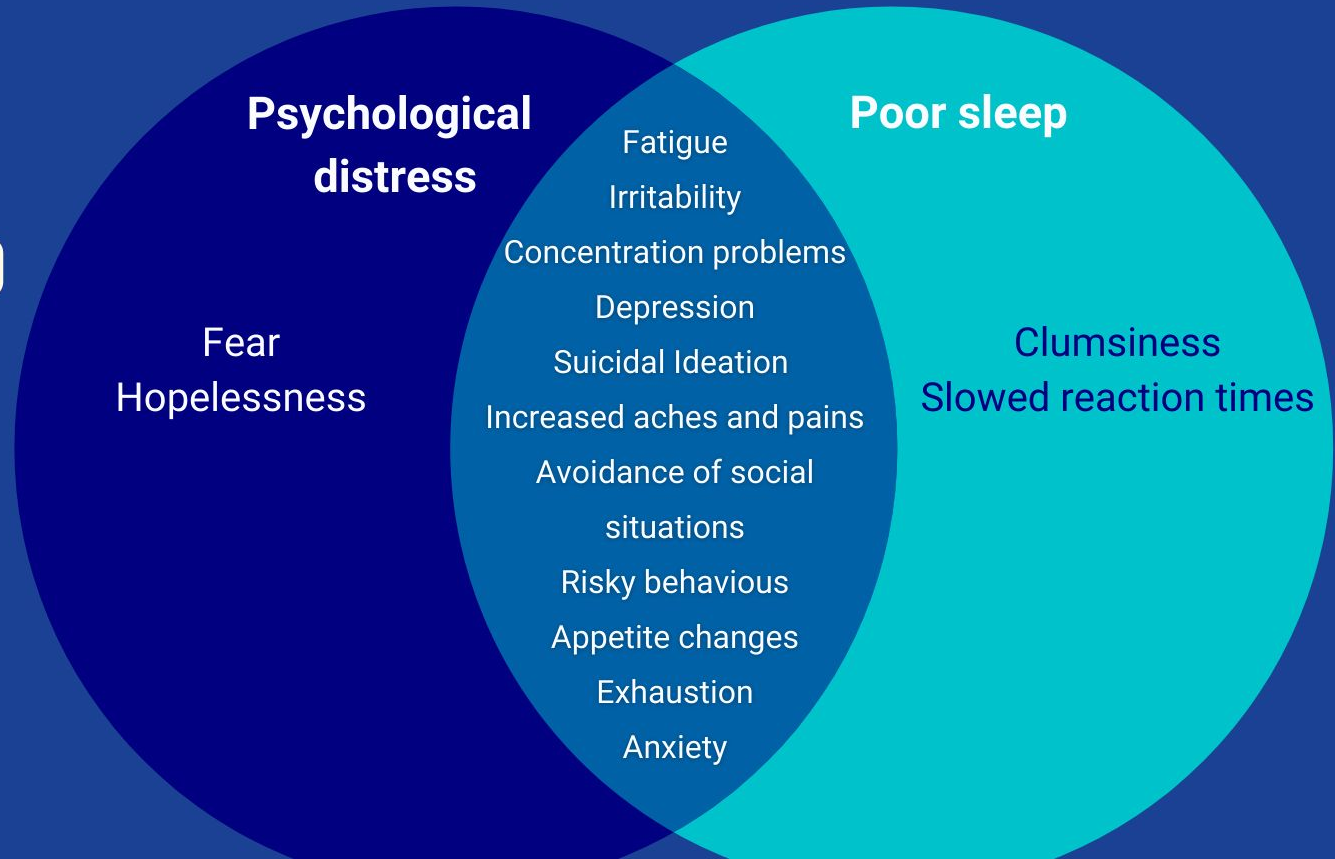


Sleep and Psychological Distress

National average for rates of psychological distress is approx. **40%**

The rate of psychological distress among legal professionals in Canada is approx. **57%**

The rate of psychological distress among legal professionals in Ontario is approx. **60%**



Insomnia

A woman with blonde hair is lying in bed, looking awake and slightly distressed. She is propped up on one arm, looking towards the camera. In the background, a round analog clock is visible, showing the time as approximately 10:10. The room is dimly lit with a blue tint, suggesting nighttime.

Insomnia is the subjective perception of difficulty with sleep initiation, duration, consolidation, or quality that occurs despite adequate opportunity for sleep, and that results in some form of daytime impairment.

-AASM

- Lower performance on the job or at school.
- Slowed reaction time while driving and a higher risk of accidents.
- Mental health disorders, such as depression, an anxiety disorder or substance abuse.
- Increased risk and severity of long-term diseases or conditions, such as high blood pressure and heart disease.

What is Cognitive Behavioural Therapy for Insomnia?

A structured 6 week program that will teach you evidence-based strategies to improve sleep and alleviate symptoms of insomnia

- Considered first line treatment for chronic insomnia
- Recommended treatment for chronic insomnia by Health Canada

Who is CBT-i for?

People who have difficulty falling asleep, staying asleep, or find sleep unrefreshing

Research on CBT-i shows the following:

75% of insomnia clients experience significantly improved sleep


The majority become normal sleepers

85-90% reduce or eliminate sleeping pills

Results last long-term

This is not:

- Talk therapy or
- Sleep hygiene



Sleeping pills are only intended for short term use. Sleeping pills don't fix the cause of insomnia so when you discontinue use, insomnia returns

Difficulty sleeping

Negative
thoughts about
sleep

Emotional & cognitive arousal

CBT-I

Techniques for improved sleep and
insomnia prevention

Negative
emotions about
sleep

Maladaptive
behaviours
around sleep

Conditioned insomnia



CBT-I techniques to improve insomnia and prevent insomnia

Cognitive Restructuring-Cognitive restructuring begins to break the cycle of insomnia through identifying, challenging, and altering the thoughts and beliefs that contribute to insomnia.

Sleep Scheduling/Sleep Compression - Sleep scheduling helps regulate adenosine (sleep pressure) and increase sleep quality.

Stimulus Control- Insomniacs associate their bed with habits that make sleeping more difficult (scrolling on your phone). Stimulus control attempts to change these associations reclaiming the bed as a place for restful sleep.



CBT-I techniques to improve insomnia and prevent insomnia

Active Relaxation Training- Relaxation techniques can help reduce the racing thoughts and tension that often accompany "trying to sleep". These techniques can increase the body's natural relaxation response , which is helpful for falling asleep quickly and falling back to sleep throughout the night.

Sleep Hygiene and Relapse Prevention- Healthy sleep hygiene means having both a bedroom environment and daily routines that promote consistent, good quality sleep. Preventing relapse includes employing these techniques during periods of poor sleep.



Anticipation Stress

An increased stress response in anticipation of a difficult or unpredictable situation.

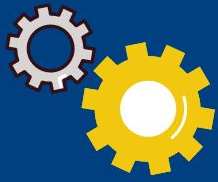


Strategy: Physiological
sigh breaths



Sleep and Travel





SLEEP TOOLS FOR TRAVEL

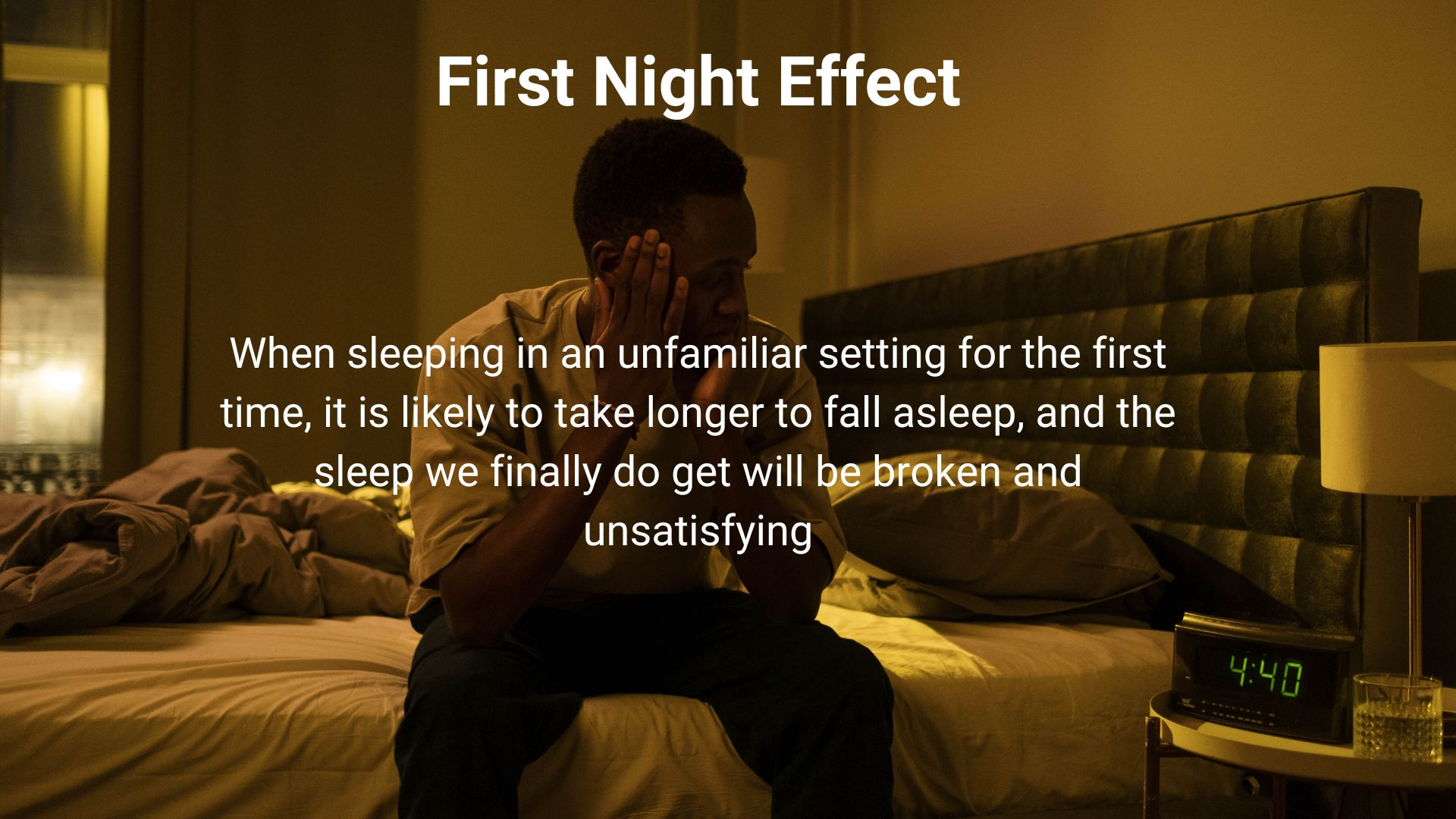
What's in my suitcase?

- Eye mask
- Ear plugs
- Blue light blocking glasses and/or sunglasses
- Electrical tape
- Alarm clock
- Red light bulb or red night light
- bright light therapy lamp



First Night Effect

When sleeping in an unfamiliar setting for the first time, it is likely to take longer to fall asleep, and the sleep we finally do get will be broken and unsatisfying





Before take off

- Pre-adjust your circadian rhythm
- Get adequate sleep prior

HOME TIME ZONE

- Timed light exposure, meals and exercise



Jet Lag

Stay hydrated, avoid caffeine and alcohol

During your flight



Stand up and move around
Avoid heavy meals



After landing

- Timed light exposure and exercise
- Limit napping

DESTINATION TIME ZONE

- Re-adjust your circadian rhythm
- Make plan for light/darkness exposure



SLEEP TECH

...is it worth it?

Wi-Fi Eye Masks



Sleep Trackers



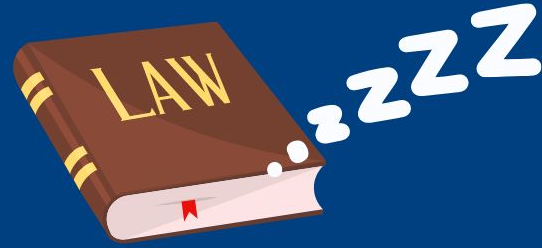
Apps For Sleep



Smart Mattresses



Rest Your Case



- Bright light exposure within first hour of waking (10-15 mins of sunlight or 20-30 mins of therapy lamp exposure)
- Exercise first thing in the morning can help wake you up and will also help you fall asleep earlier
- Delay caffeine intake 60-90 minutes after waking
- Limit blue light at night to prevent delaying sleep onset
- Prioritize work and sleep according to chronotype
- Use CBT-i techniques to reduce symptoms of insomnia and prevent chronic insomnia
- It is never too early to seek help for sleep problems
- Physiological sigh breathing
- Prepare to prevent jet lag and sleep disruption during travel
- Use your sleep tools consistently

*Thank
you!*



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