SLEEP WORKS

Sleep & Mental Health

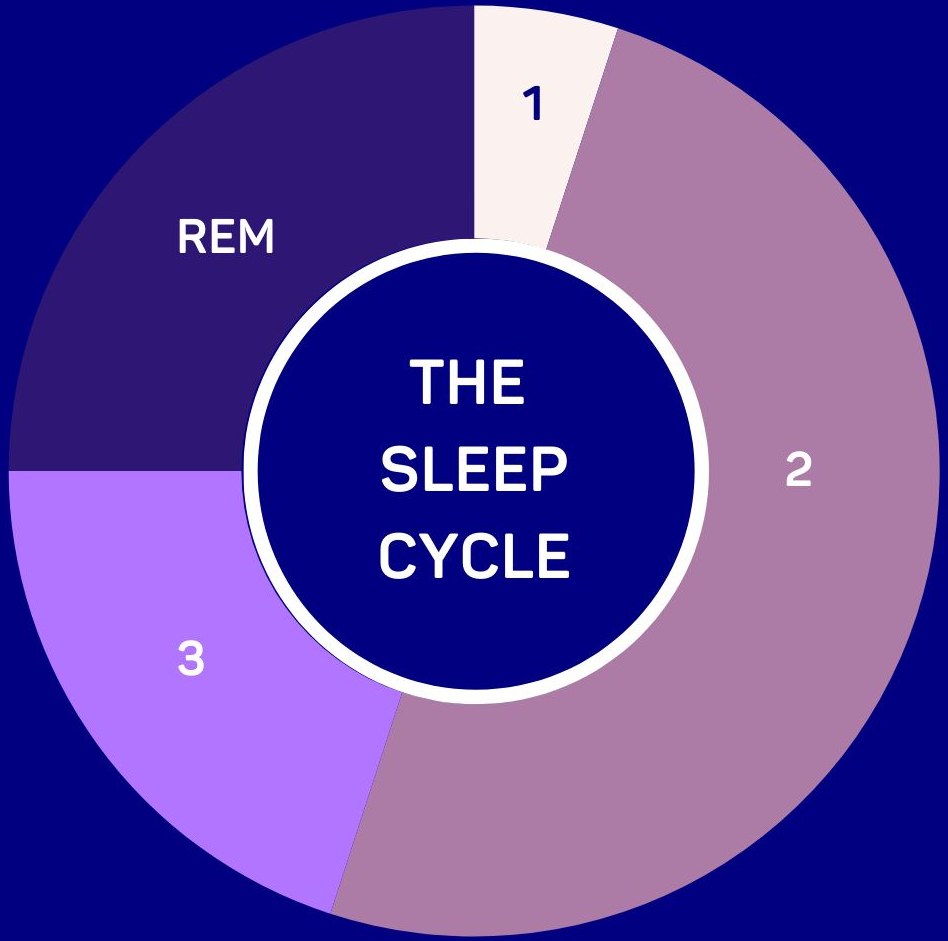
Practical Strategies for Improving Sleep

By
Marlee Boyle BSc., RRT, CCSH
and
Leah Corkum BA, LPN

www.Sleep-Works.com

Agenda

- The science of sleep
- The bidirectional relationship between sleep and mental health
- Habit-forming substances & sleep
- Improving sleep quality
- Changing your relationship with sleep



STAGE 1
5%

- Falling Asleep
- Light Sleep
- Easily
- Awakened
- Muscles Relax

STAGE 2
50%

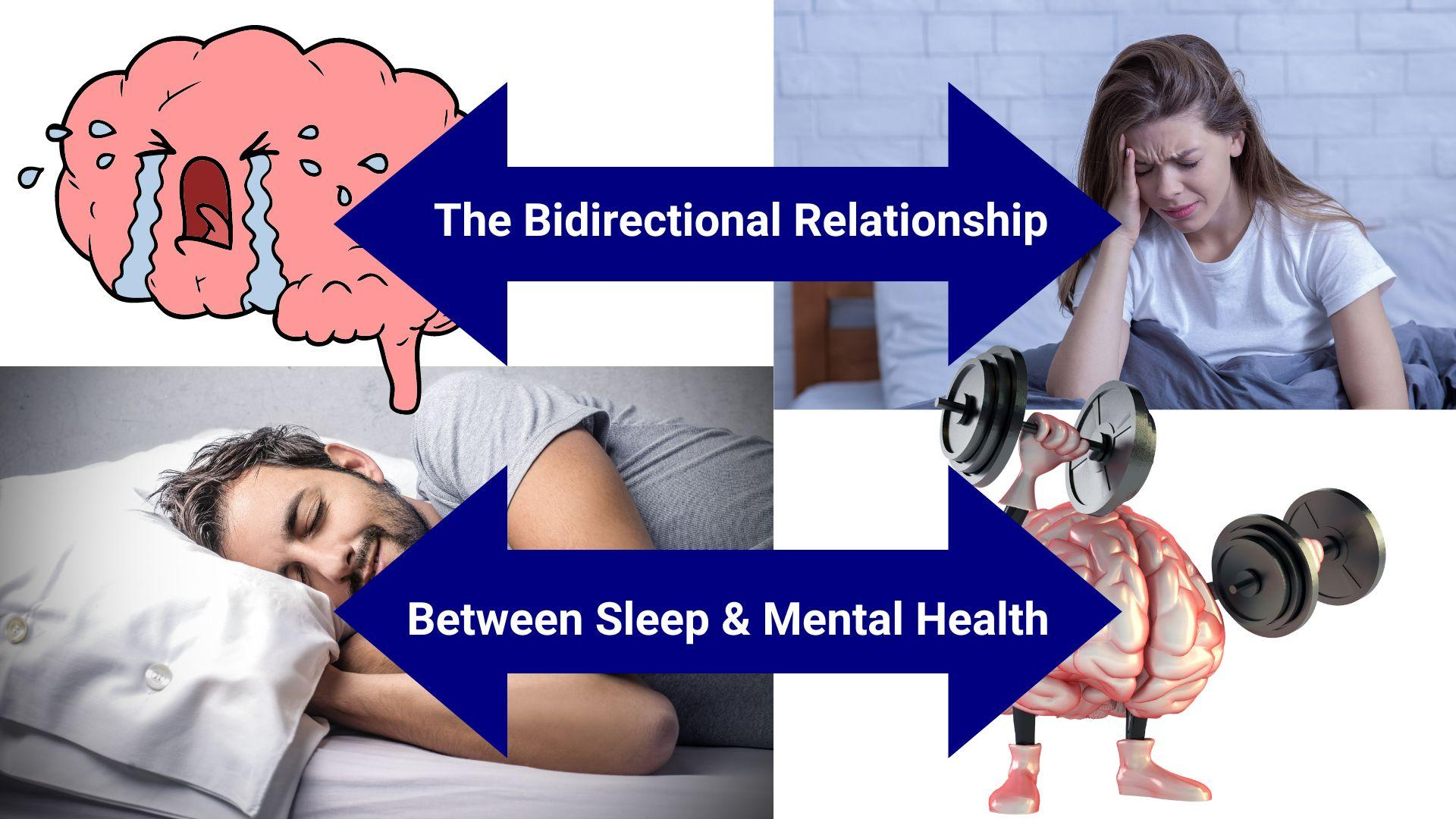
- Power Nap
- Body Temp Lowers
- HR Slows
- BP Decreases
- Breathing Slows
- Motor Memory Learning
- Brain Waves Slow

STAGE 3
20%

- Growth Hormone
- Released
- Tissues Repaired
- Energy Restored

REM
25%

- Dreaming
- Problem Solving
- Memory Consolidated
- Emotions Regulated

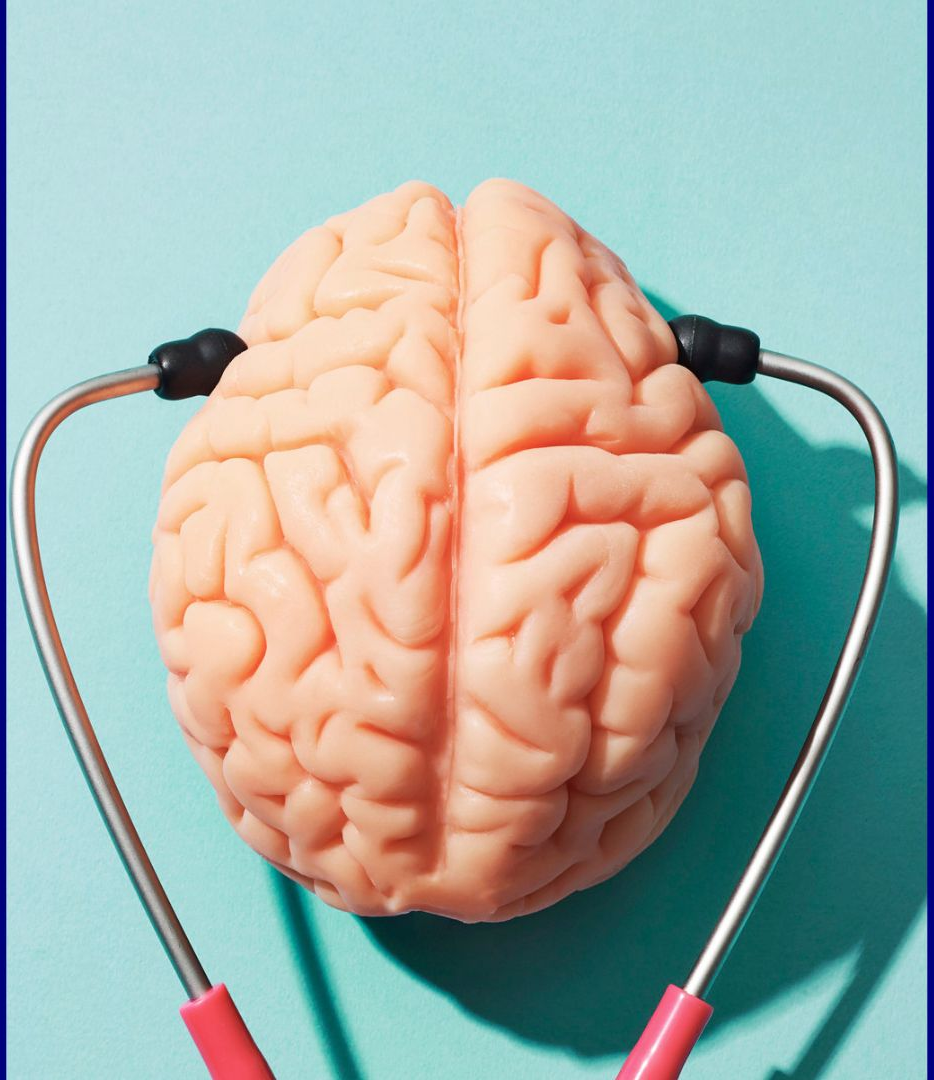

The Bidirectional Relationship
Between Sleep & Mental Health

Sleep Patterns and Mental Health

An occasional night of poor sleep is normal, but....

- Prolonged awakenings throughout the night
- Waking up too early
- Sleep latency >30 mins
- Waking unrefreshed

Sleep is *protective* for your brain health & mental health.



The glymphatic system is a system for waste clearance in the central nervous system.

This system is mainly at work during sleep and mostly disengaged during wakefullness.

A Wake Up Call

Common Habit-Forming Substances And Their Effects On Sleep

Approx. 8 out of 10 people experience a hangover effect the day after taking sleep medicine. They feel drowsy, have muddled thinking and experience dizziness or balance problems.

The Cleveland Clinic 2021

Zzzz zzz Cannabis

THC

Tetrahydrocannabinol

Psychoactive

- Reduces sleep latency
- Increases deep sleep
- Decreases REM sleep

CBD

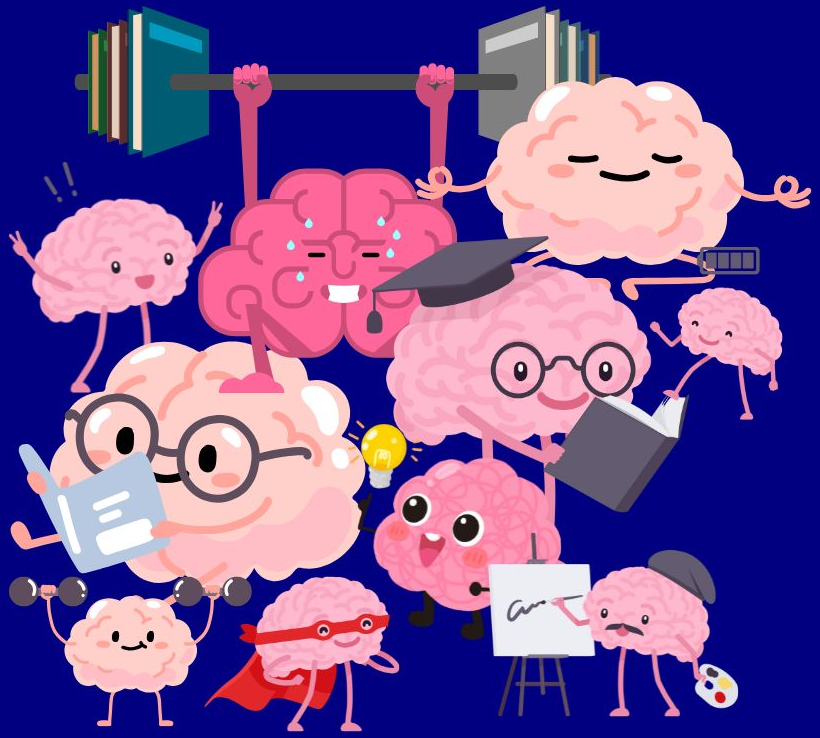
Cannabidiol

Non-Psychoactive

- No direct effect on sleep
- Reduces pain & anxiety
- May indirectly help with sleep

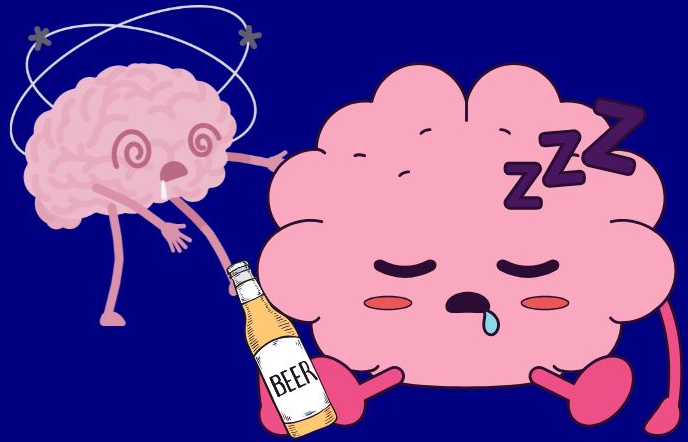
Chronic use of cannabis is associated with tolerance and withdrawl is associated with insomnia

Natural Sleep



Sedation From Alcohol

Central Nervous System depressants, like alcohol reduce electrical activity in the brain and inhibits the functioning of neurons. Alcohol fragments sleep and blocks REM sleep.



According to the National Study on the Psychological Health Determinants of Legal Professionals in Canada, 53.1% of Canadian legal professionals drink alcohol at *least* twice per week.


When Sleep is Poor,
Risks are High

Alternatives To Sleep Aids

- **Cognitive Behavioural Therapy for Insomnia (CBT-i) = GOLD STANDARD treatment for chronic insomnia.**

- **Is CBT-i for you? If you have been struggling with the following > 3 months.**
  - Trouble falling or staying asleep
  - Early morning awakenings
  - Reliance on sleep aids
  - Anxiety around sleep

Sleep Aid Reduction Tips*

Experts agree that sleep aids should not be used long term

Use cognitive restructuring around reducing substance use for sleep

- **Identify thought** "I can't sleep without a drink (or pill, or getting high, etc)
- **Challenge thought** "I have slept without sleeping pills before "
- **Restructure thought** "If I don't sleep well tonight, I will sleep better tomorrow"

*Please consult your doctor for personalized medical advice

Caffeine Reduction Strategies To Improve Sleep Quality

The best part of waking up is..... ~~COFFEE~~.....FEELING REFRESHED!!

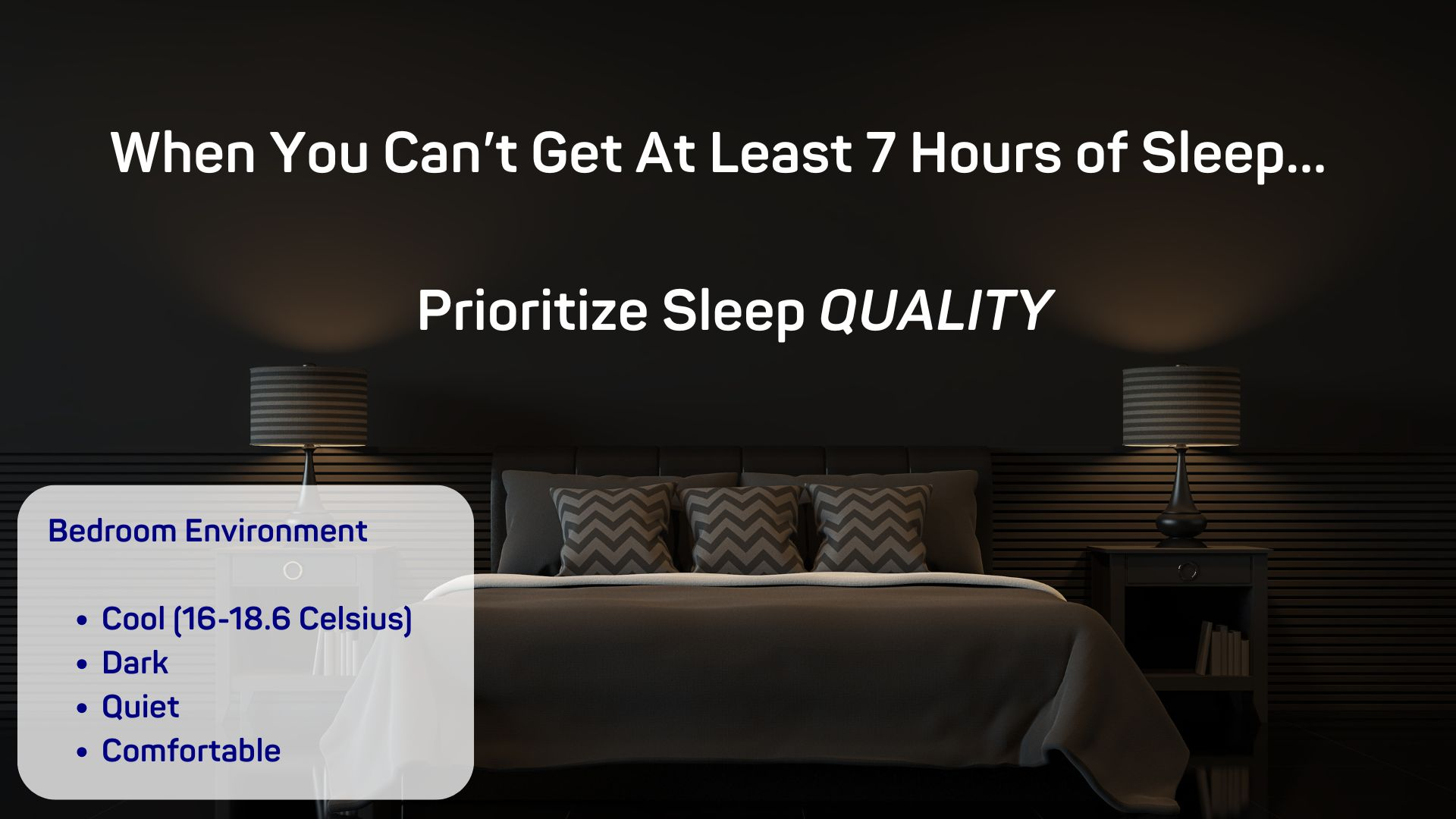
Reduce caffeine intake, especially after the morning time by:

- Switching to decaf or caffeine-free beverages
- Moving your body between 2-4pm
- Going outside for 10-20 minutes
- Use bright light therapy to combat sleepiness

Delay caffeine intake for at least 90 minutes after waking to avoid a late morning caffeine crash

When You Can't Get At Least 7 Hours of Sleep...

Prioritize Sleep *QUALITY*



Bedroom Environment

- Cool (16-18.6 Celsius)
- Dark
- Quiet
- Comfortable

Scheduling Your Sleep

Sleep regularity is associated with long lasting improvements in daytime alertness and sleep efficiency.

- Better digestion
- Easier weight management
- Stronger immune system
- Increased productivity
- Improved alertness
- Better concentration

Changing Your Relationship With Sleep

- Healthy boundaries
- Selfcare
- Celebrate healthy behaviours
- Ask each other about sleep
- Ask for help

Memory consolidation
Emotional regulation
Hormonal regulation
Blood pressure regulation
Blood sugar regulation
Facilitates brain function
Glymphatic detox
Cellular repair
Restores concentration
Metabolism regulation
Tissue growth and repair
Immune system regulation
Skin repair
Healing
Appetite regulation
Lowers inflammation
Maintains healthy eyes
Gut bacteria regulation

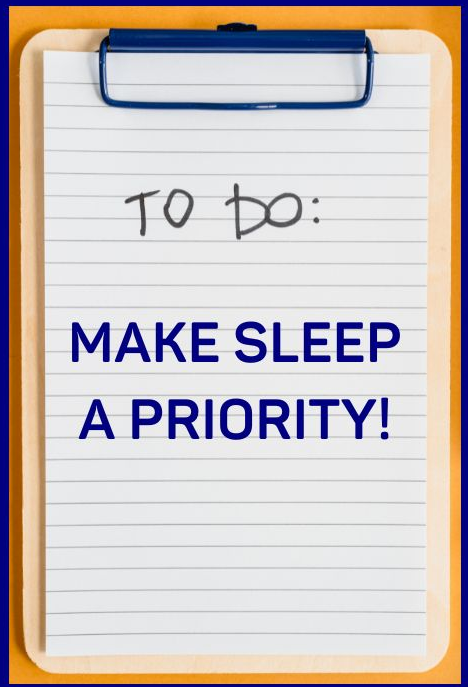
8 Hours of Sleep

8 Hours of Work

Sleep is Foundational to Health & Sleep Increases Productivity

Summary of Strategies

- **Identify red flags in your sleep habits/patterns**
- **Reduce using sedating substances for sleep**
  - Try CBT-i
  - Address sleep disrupting habits
- **Reduce caffeine intake**
  - Decaf or caffeine-free alternatives
  - Light exposure and light exercise to wake up
- **Focus on sleep quality not just quantity**
  - Improve your bedroom environment
  - Keep a regular wake up time and bedtime (everyday!)
- **Change your relationship with sleep**
  - Sleep is productive! Prioritize it!
  - Set boundaries around sleep & ask for help!



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Thank You!

Questions?

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hello@sleep-works.com

What's New?

- Self Guided CBT-i Webinar
- CBT-I with RCT
- Free 15 min Consultations

References

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