

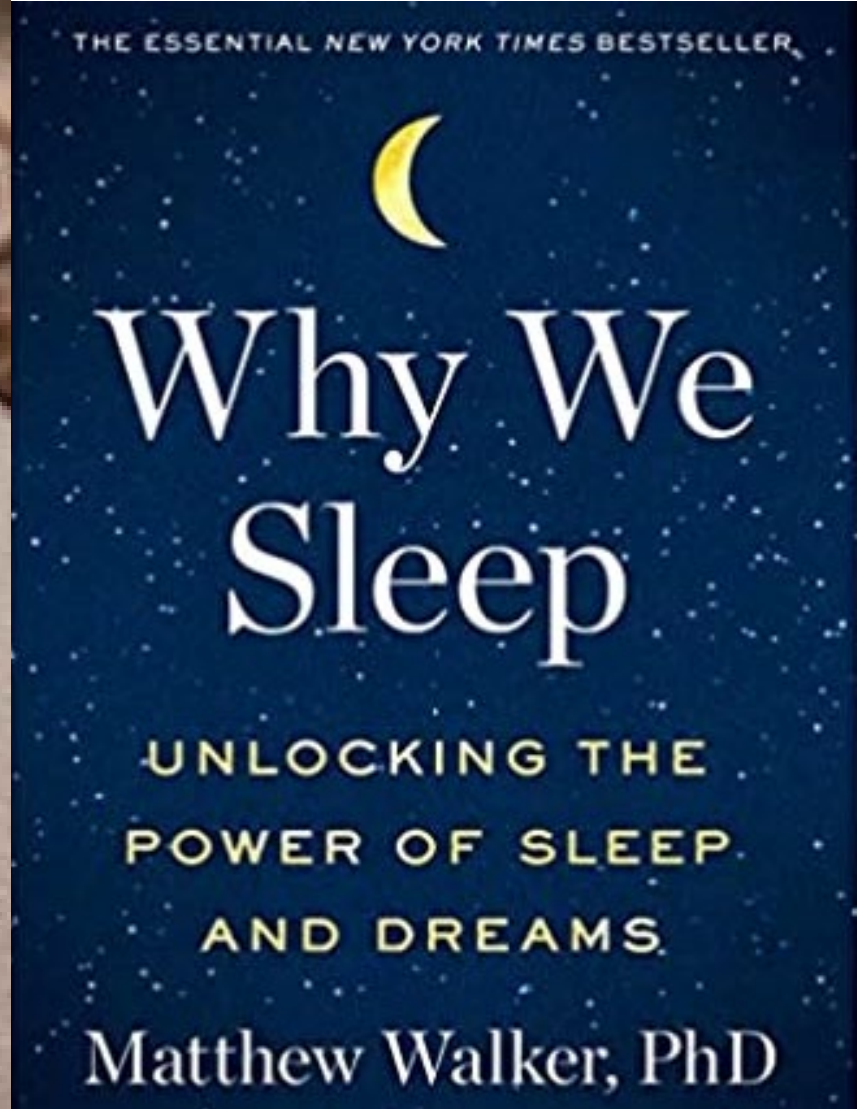


# NOURISHING RESTORATIVE SLEEP

UVA FACULTY AND EMPLOYEE ASSISTANCE PROGRAM

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**BLENDING RESEARCH &  
ANCIENT WISDOM**

# AGENDA

BENEFITS OF HEALTHY SLEEP

WHAT HAPPENS WHEN WE DON'T GET ENOUGH SLEEP

KEY CAUSES OF SLEEP PROBLEMS

SIX TIPS FOR HEALTHY SLEEP

GUIDED EXERCISE

- DESIGNED TO ORGANICALLY PREPARE FOR HEALTHY REST

RESOURCES

# THREE STAGES OF SLEEP

## **N1 and N2 sleep (light sleep) 50%**

- Dropping off – drifting in and out

## **N3, (deep sleep) 25%**

- Period of restoration
- Helps you feel restored and refreshed when you wake up
- Occurs primarily during 1<sup>st</sup> half; 25% in this stage

## **REM sleep (dream sleep) 25%**

- Brain activity is very similar to when awake
- 4-5 times a night
- Don't regulate body temperature during this stage and dream
- Very important for emotional and mental health



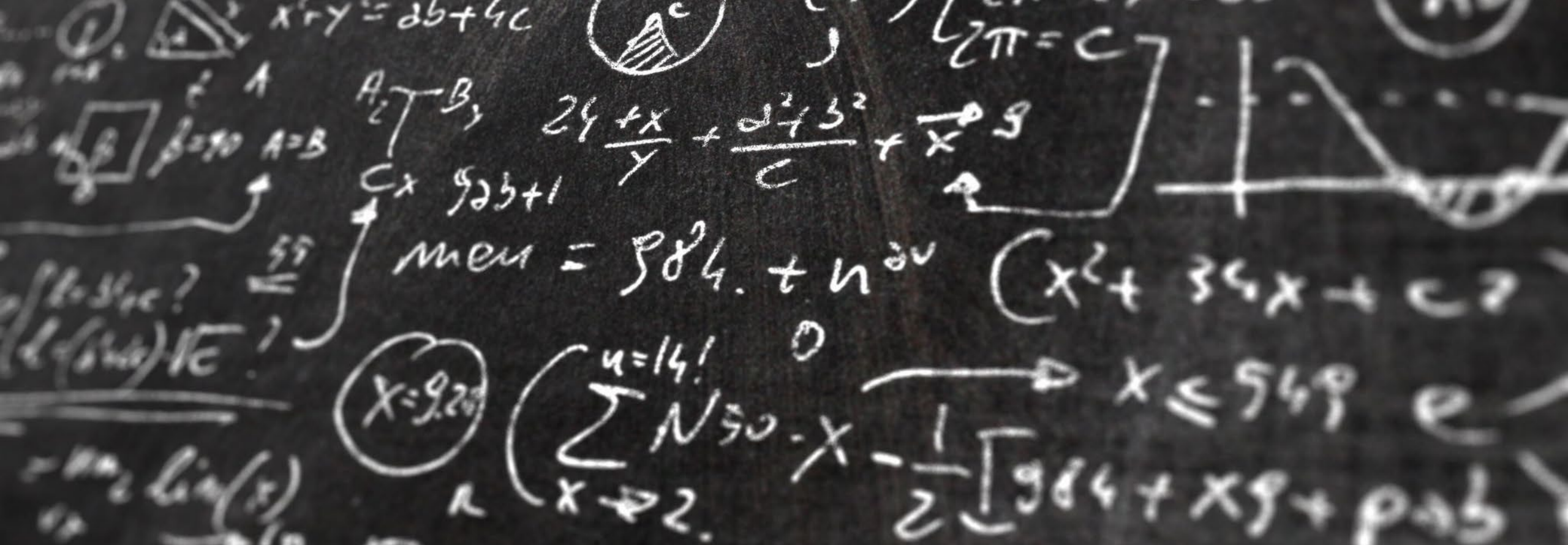
# HEALTHY SLEEP

Sleep is a foundational pillar for good health, that diet and exercise rest on.

*Every major physiological system in your body and every operation of the mind is wonderfully enhanced when you get enough sleep and significantly negatively impacted when we don't.*

- M. Walker

- 6 to 8 hours a night regularly
- Rest, restore, rejuvenate, repair, recover



## EINSTEIN

- Sleep inspires problem solving
- Improves creativity
- 3 times more likely able to solve a problem after sleep
- “Sleep on it”
- UC Berkeley: lack of sleep equivalent to learning disability



# HOW MUCH IS ENOUGH?

- Genetic abnormality - DEC gene which allows people to average 5.5 -6 hours of sleep, without impairment
- Tiny fraction of 1% of the population has this genetic abnormality
- Far more likely to be struck by lightning than you are to have this gene



# SLEEP DEPRIVATION

## 2020 Sweden study - 50, 0000 people

- 5 hours or less = 65% increased risk of mortality (compared to those getting 8 hours or more)
- Lack of sleep 33% increased in MVA
- diseases have causal link to insufficient sleep: CA, Alzheimer's, strokes, CM, obesity, depression, anxiety, suicidality, cardiovascular disease, suicidality negatively impacted by lack of sufficient sleep
- Negative impact on reproductive health
- Binge sleeping can help reduce mortality, but still associated with far less healthy life





# NAPPING

## CAUTION:

- Chemical builds up and helps you fall asleep and stay asleep - Napping releases some of the sleepiness
- Genetically hardwired for pre-programmed drop in alertness - mid day

## BENEFITS:

- NASA nap culture – work productivity by 30% overall alertness 80%
- If can be regular can have productivity benefits
- Shift work – 14 nocturnal hours of sleep to recover



**DOES COUNTING SHEEP WORK?**



# MENTAL JOURNEYS



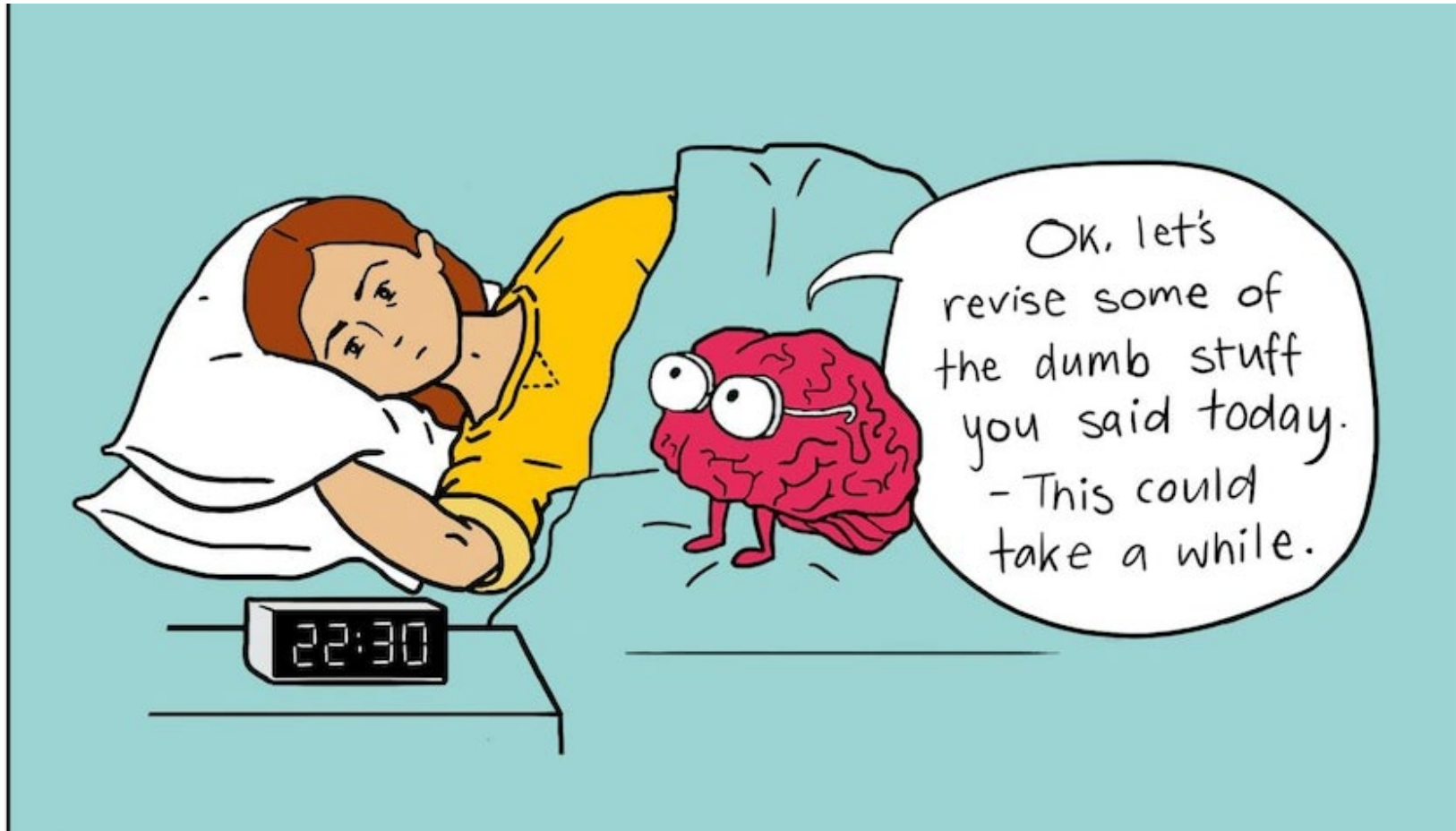
# WHITE NOISE, OCEAN NOISE

- Suspect has to do with rhythmic nature of the waves, as well as mental imagery, memory
- Slow rhythmic brain activity might be encouraged by these sounds

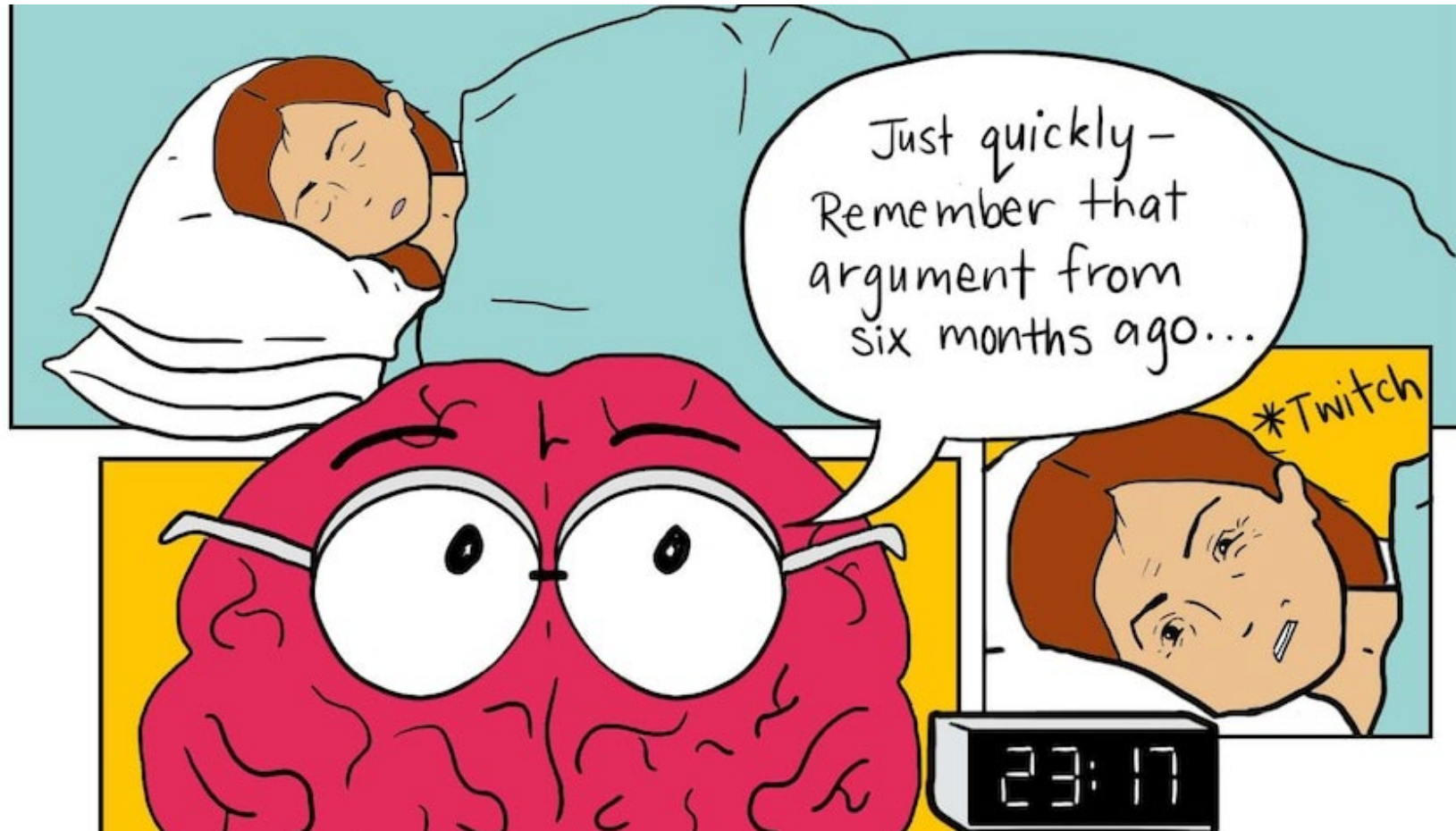
# SNOOZE BUTTONS AND ALARMS

- We should all set a 'to bed' alarm (@ 15 min before time to prepare for sleep)
- An hour before, get in PJs, brush teeth
- Snooze button – cardiovascular/STRESS response to an alarm
- Repeatedly hitting snooze button - cardiovascular assault.





## SLEEP ONSET TROUBLES



# SLEEP MAINTENANCE TROUBLES

# SIX CONSIDERATIONS TO PROMOTE HEALTHY SLEEP



SLEEP HYGIENE

Pre bedtime routine  
Environment



DIET and timing of intake



Daily physical activity



Emotional Health



Physical Health



# SLEEP HYGIENE

- Set 'prepare for bed' alarm
- Use Pavlovian theory to your advantage
- **Ideally 1 hour before bed – tone down alarm response**
- Signals your nervous system, it is time to shift gears
- Avoid going to bed either overly full or hungry
- Avoid screens
- Read a real book, or wear protective glasses





## S L E E P E N V I R O N M E N T

- Protect sleep environment
  - “Walk it out” if can’t sleep
- Dark & gadget free
  - Sleep mask
  - Black out blinds
- 65 – 67% F
- Mattress, pillow, blanket to **your taste**
- Sound
  - Ear plugs, sleep separate

# DIET, INTAKE AND TIMING



Avoid going to bed overly full or hungry



Avoid large meals within an hour of bed



Caffeine in system for six hours



Check medication to see if any side effects that impact sleep

Can medication be changed, or change the time when it is taken?



# ALCOHOL, MARIJUANA, MEDICATION

Sedation is not same as healthy sleep.

## Alcohol

- many more awakenings throughout the night
- don't tend to awaken feeling refreshed in the morning
- tends to block REM sleep

## Marijuana

- Blocks dream, REM sleep
- Can lead to increase in anxiety / depression
- Vicious circle: use more marijuana to address more symptoms of anxiety of depression

## Pills

- Also do not produce natural sleep
- Removing consciousness not producing naturalistic sleep
- Higher risk of mortality and CA

# DAILY PHYSICAL ACTIVITY

Standing desk

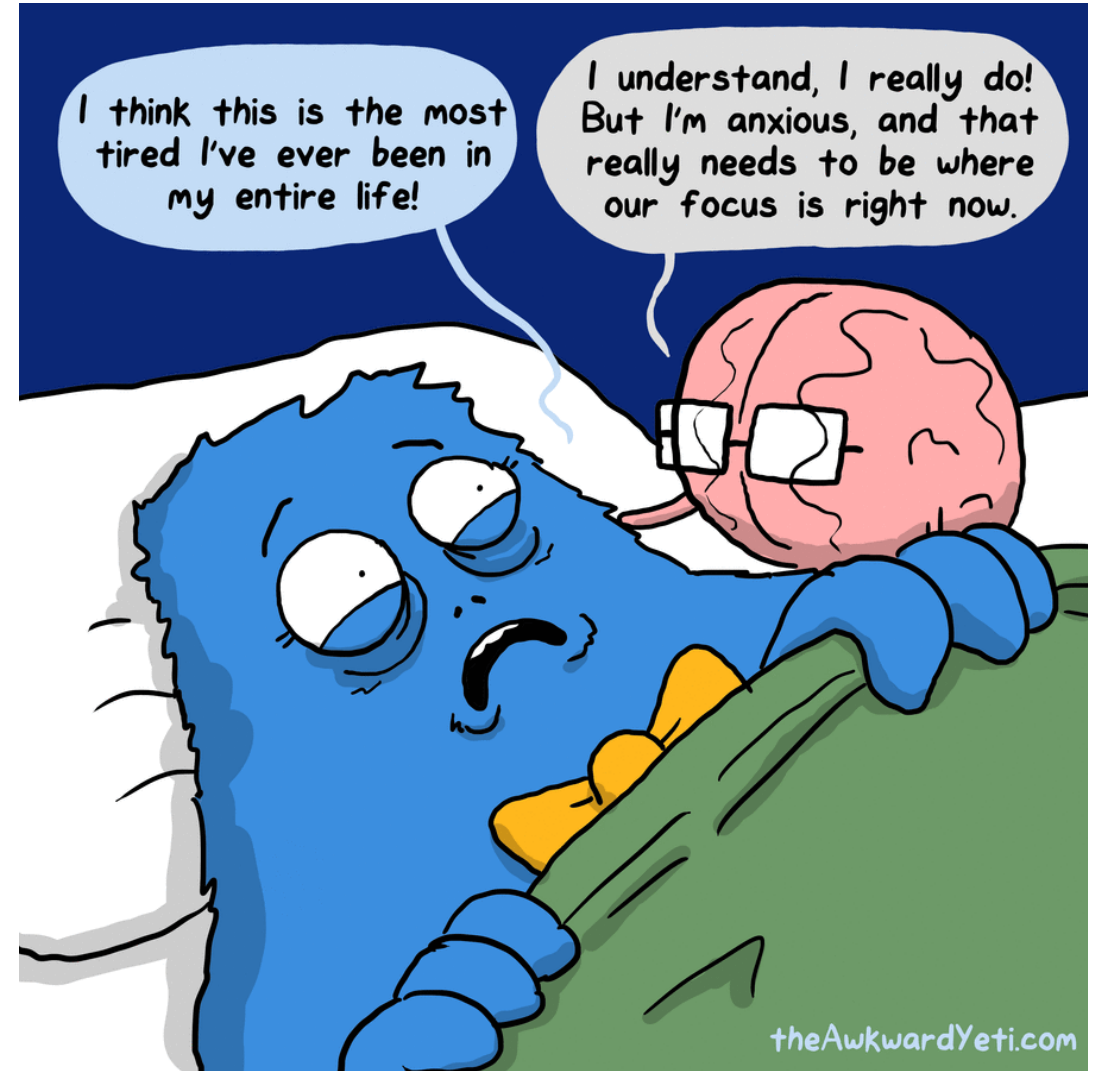
Movement  
between tasks

Fresh air and  
activity outside  
is great

# PRIMARY CAUSE OF SLEEP PROBLEMS

## ANXIETY

- Meditation found to be remarkably helpful
- Yoga nidra
- Strengthening Vagus nerve
- Therapy
- Pre-bedtime journal – end with three positives



**MEDICAL  
ISSUES  
IMPACTING  
SLEEP**

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Full physical evaluation

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If snoring suggest get evaluated for sleep apnea

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Sleep related disorders

Menopause

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Digestive, breathing related medical issues can impact sleep

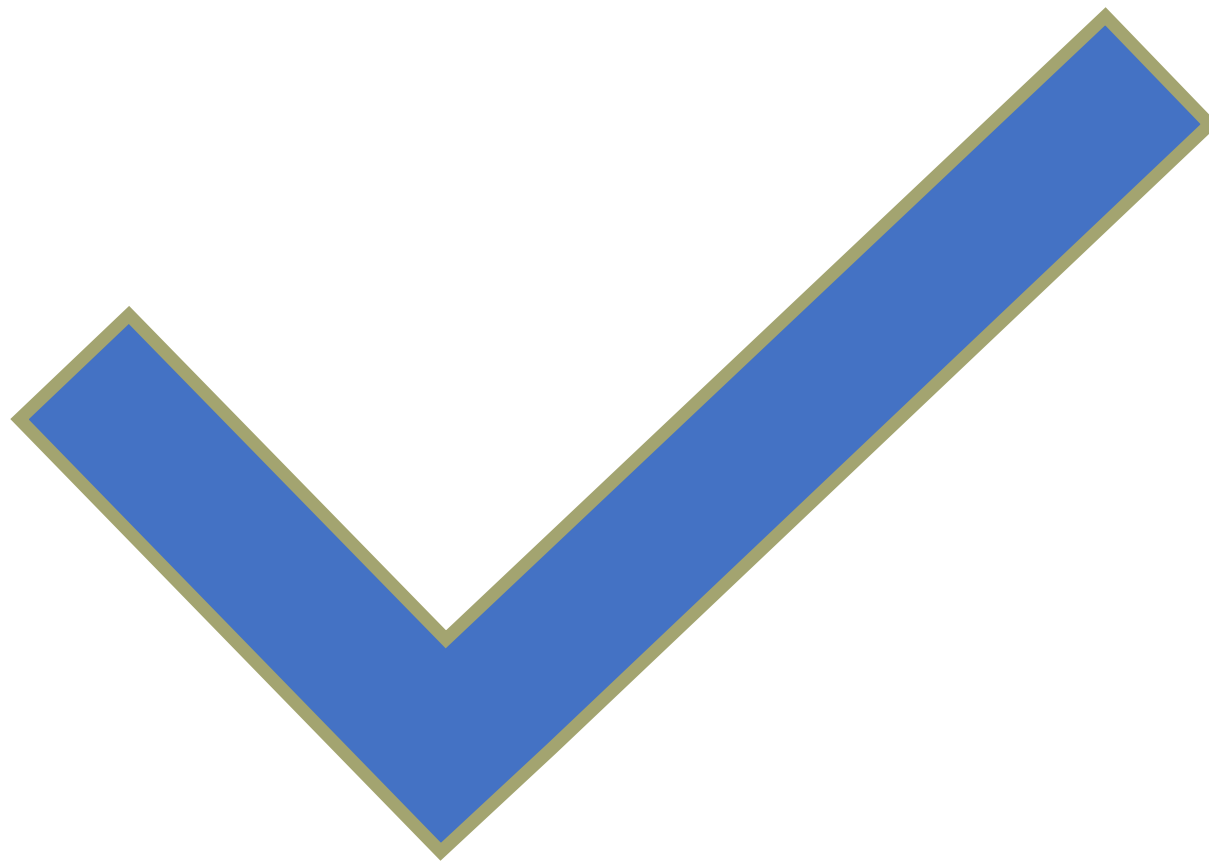
- Rest and digest, Rest and recovery
- Repair – healing mode for the body and mind
- Prevention, digestion, immune, reproductive system
- Integration
- Recovery – home base
- Human body wants to come back to balance – if we give it half a chance

# YOGA NIDRA





HEALTHY  
SLEEP SELF  
ASSESSMENT  
CHECK LIST



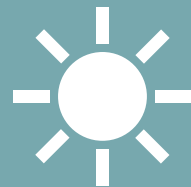
# RESOURCES



[UVA FEAP](#)



[Hoos Well, online, virtual and in person resources](#)



[UVA sleep disorders lab](#)

# MORE RESOURCES



[NEW Virgin Pulse Sleep Guide that's in the Hoos Well portal](#)



[Overview of the Sleep Guide](#)



[Help article on how to access the Sleep Guide](#)