

Sleep

Aim : How does sleep affect our mental health ?



Do Now:

Generate a timeline of everything that you did yesterday



Looking at your list how does that make you feel? And why?

Poll Everywhere

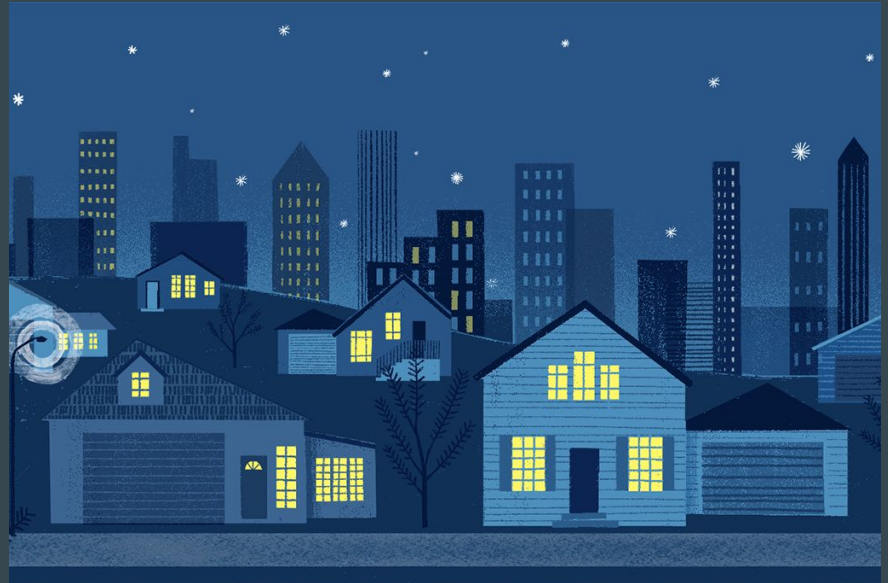


[Pollev.com/kspeiss197](https://pollev.com/kspeiss197)

Definition

Sleep- a condition of body and mind which typically recurs for several hours every night, the nervous system is relatively inactive, eyes are closed, the postural muscles are relaxed, and consciousness is practically suspended.

- **Newborns (0-3 months):** 14-17 hours
- **Infants (4-11 months):** 12-15 hours
- **Toddlers (1-2 years):** 11-14 hours
- **Preschoolers (3-5):** 10-13 hours
- **School age children (6-13):** 9-11 hours
- **Teenagers (14-17):** 8-10 hours
- **Younger adults (18-25):** 7-9 hours
- **Adults (26-64):** 7-9 hours
- **Older adults (65+):** 7-8 hours



What affects a “good” night's sleep?

Better sleep habits

- Stick to a sleep schedule of the same bedtime and wake up time (Weekends included)
- Practice a relaxing bedtime ritual.
- Avoid naps in the afternoon if you already struggle
- Exercise Daily
- Evaluate your room (Temp, noise, and distractions)
- Sleep on a comfortable mattress and pillow
- Avoid alcohol, cigarettes and heavy meals at night (causes discomfort)

What makes quality sleep

- Sleeping in a bed (at least 85 percent of the total time)
- Falling asleep in 30 minutes or less
- Waking up no more than once per night



Circadian System

“Our internal clock” this is what keeps us in sync with the 24 hour day. Our body’s “clock” sends signals to many different parts in the body, affecting things like digestion, the release of certain hormones, body temperature, and much more.

The main function of the internal clock is to regulate when you feel alert and when you’re ready to sleep. However this is somewhat flexible being able to cross time zones and daylight savings

Sleep Disorders

- *Insomnia, in which you have difficulty falling asleep or staying asleep throughout the night.*
- *Sleep apnea, in which you experience abnormal patterns in breathing while you are asleep.* There are several types of sleep apnea.
- Restless legs syndrome (RLS), a type of sleep movement disorder. Restless legs syndrome, also called Willis-Ekbom disease, causes an uncomfortable sensation and an urge to move the legs while you try to fall asleep.
- Narcolepsy, a condition characterized by extreme sleepiness during the day and falling asleep suddenly during the day.

Sleep and Mental Health

Studies show that a lack of sleep can lead to these mental health disorders

Depression

Bipolar

Anxiety

“People with insomnia have greater levels of depression and anxiety than those who sleep normally. They are 10 times as likely to have clinical depression and 17 times as likely to have clinical anxiety. The more a person experiences insomnia and the more frequently they wake at night as a result, the higher the chances of developing depression” (National Sleep Foundation)