



# WeSleep Matterzz

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# The Bedtiming Story



**Plan food, activities, H<sub>2</sub>O**

**Plan daylight exposure**

**Plan ahead for all-nighters**



**Time 8 hours of sleep**

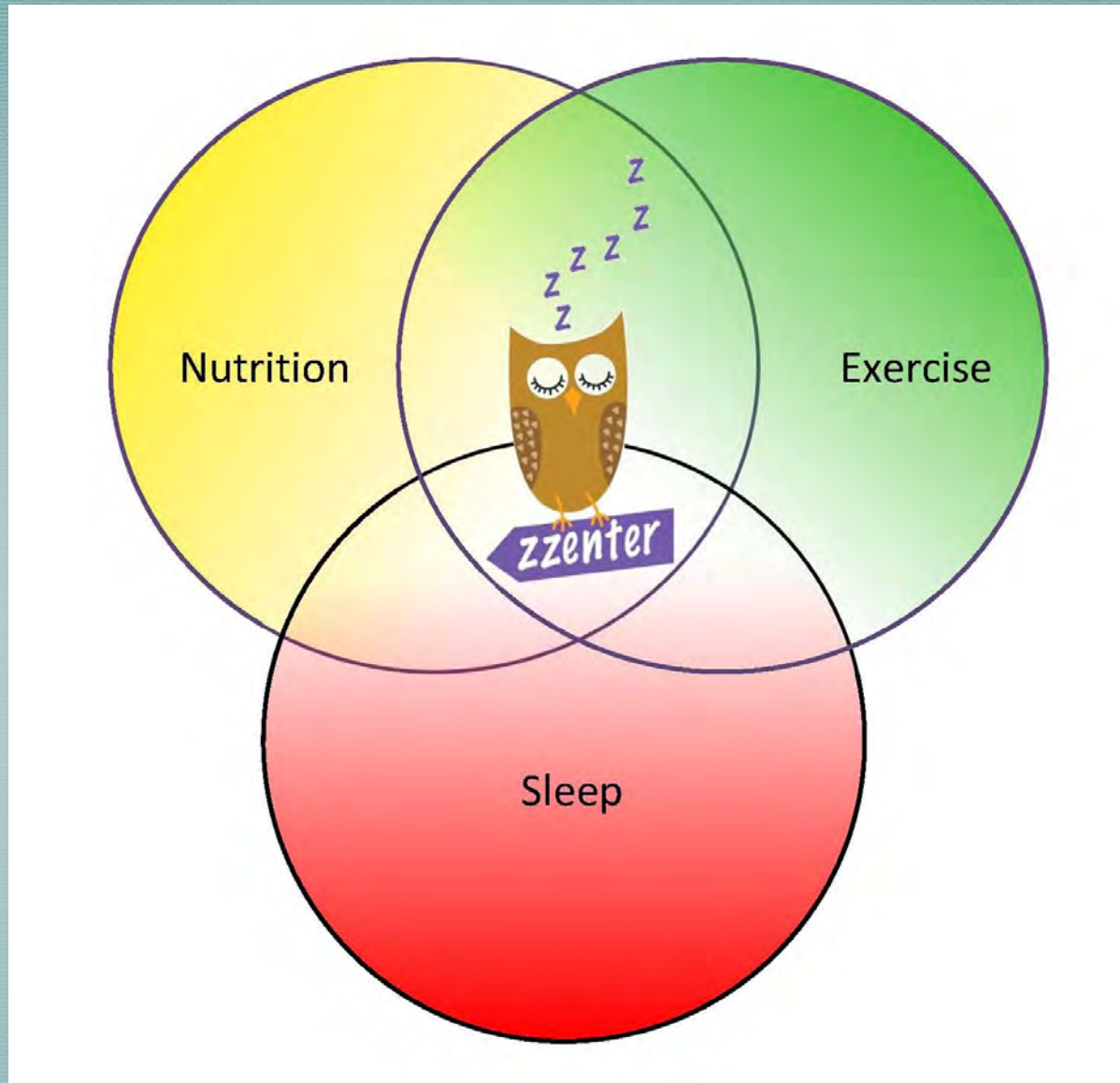
**Time naps**

**Time for REM**

**THE END**







We consciously choose Nutrition and Activities  
Sleep just happenzzzz...







Who knows the most about effective sleep?





# Mindfulness begets wellness

What's in your picnic basket?





You are what you eat ate  
"Eat food. Not too much. Mostly plants"



**YES**



Less manmade white stuff

More naturally colored food

**NO**





# Are You Hydrated?



NO



YES

Pee lemonade, not apple juice





**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

**Do the exercise you'll do!**



# Function of Sleep

Restoration of energy

Detoxification & repair

Consolidation of  
memory

**DREAMING!**







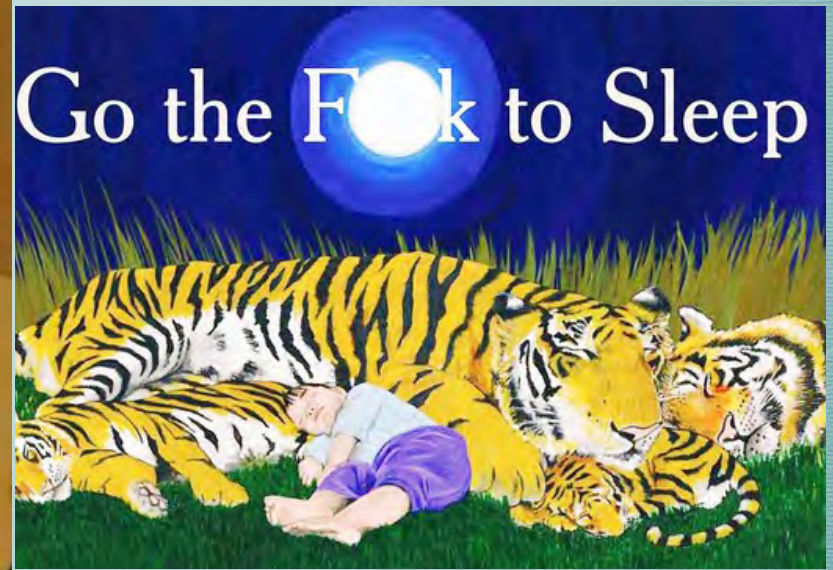
And

Andante



# Sweet lullabies - Sleeping Baby





Are we all afraid of the dark?



# Sleep like a teenager

- \* Cannot get up early but have to
- \* Need 9 hours get away with 6.5 to 8 but impaired below 6.5
- \* Increased activities and homework
- \* Poor food choices: ie sweets
- \* Start caffeine young
- \* Social pressures like TV, computers and FB make many night owls
- \* Delayed Sleep Phase Circadian Rhythm Disorder





# Sleep: A Symphony Of Our Mind And Body



*Lullaby*  
for piano solo

Piano arrangement  
by Fabrizio Ferrari

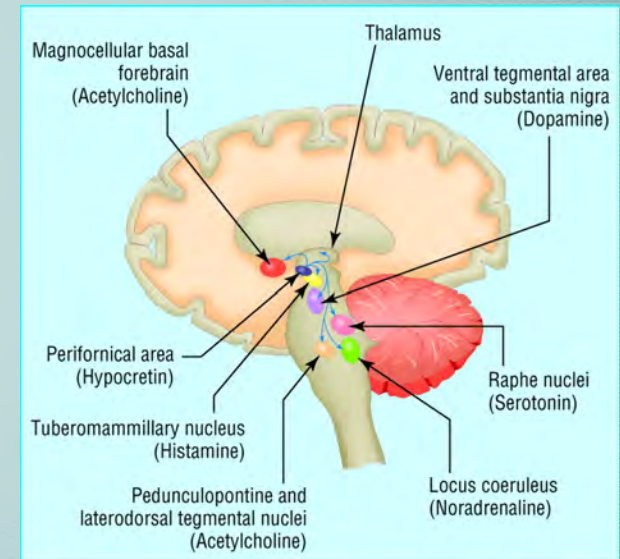
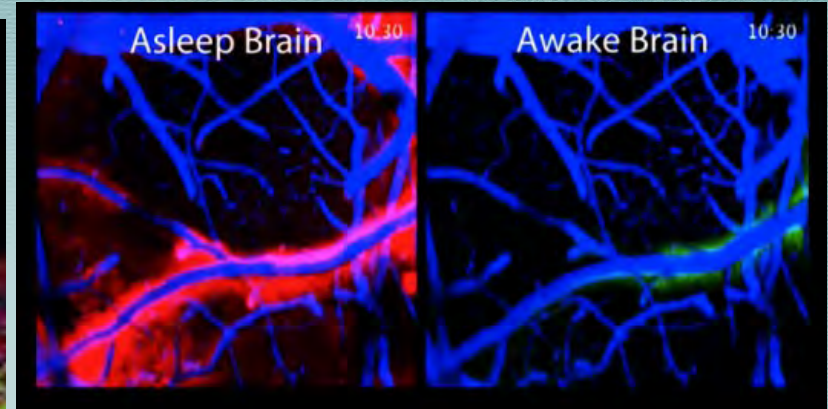
Vivace delicato J. Brahms (1833-1897)

A piano arrangement of Brahms' Lullaby, consisting of six staves of music. The score includes dynamic markings such as *p*, *mf*, and *alwayss*.

- \* Snoring sound
- \* Leg movements
- \* Airflow
- \* Effort
- \* Oxygen saturation
- \* HR and EKG
- \* Brain waves
- \* Sleep stages N1 N2  
SWS REM
- \* Positions



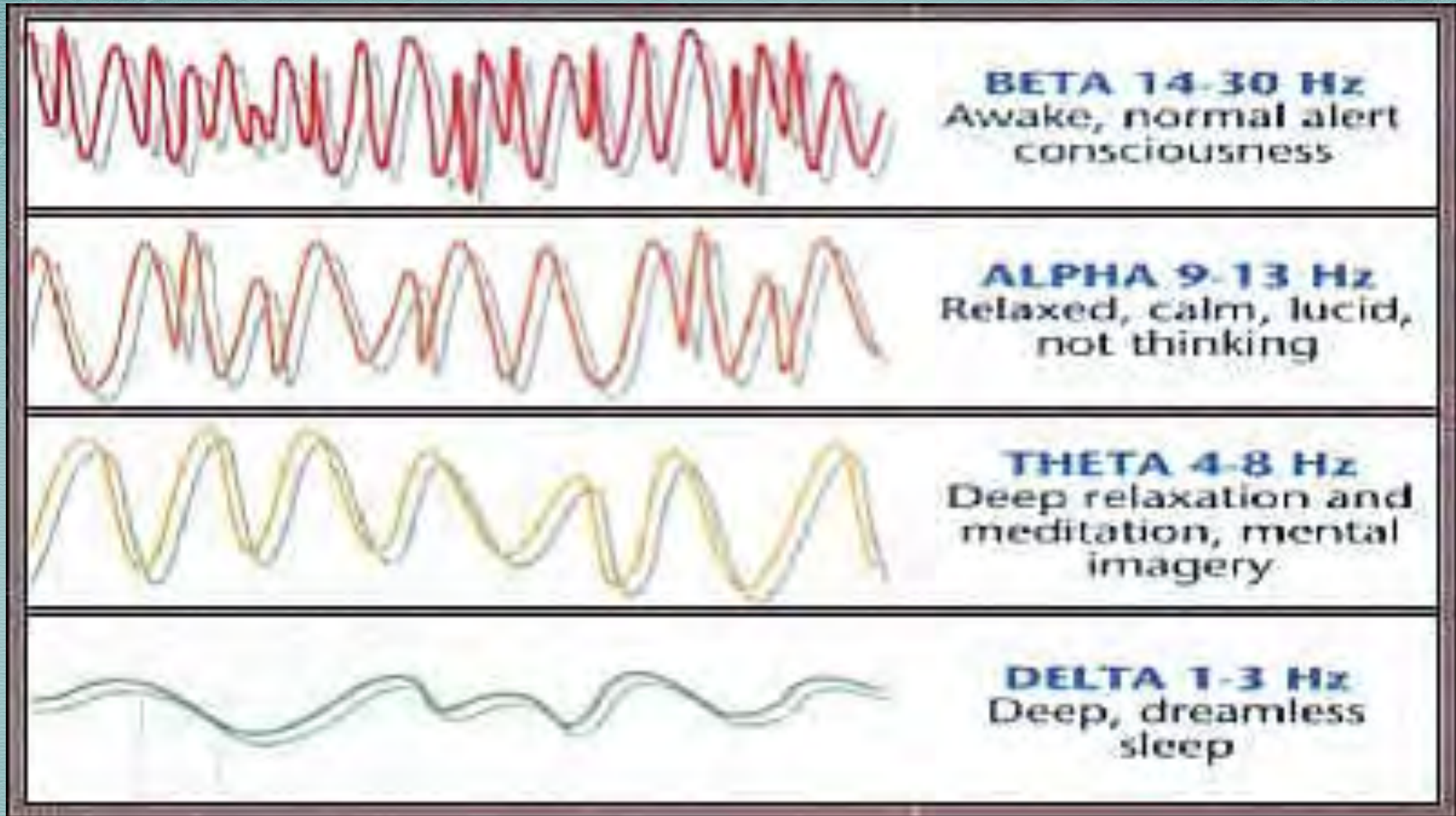




**Hypothalamus controls sleep  
and wakefulness**  
**Links nervous and endocrine  
systems**



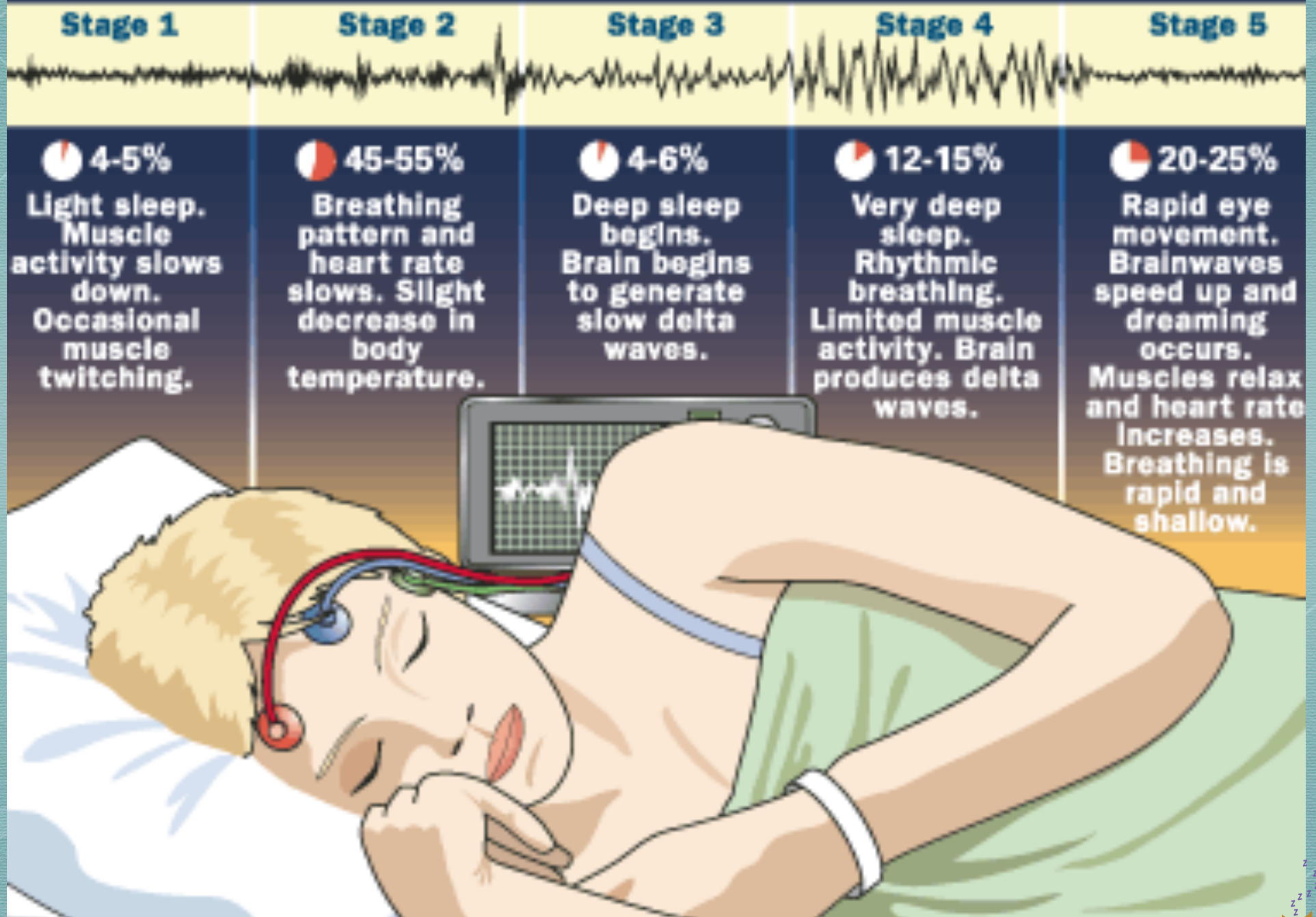




## Brain Waves Slow With Sleep



# 100% Sleep Cycle

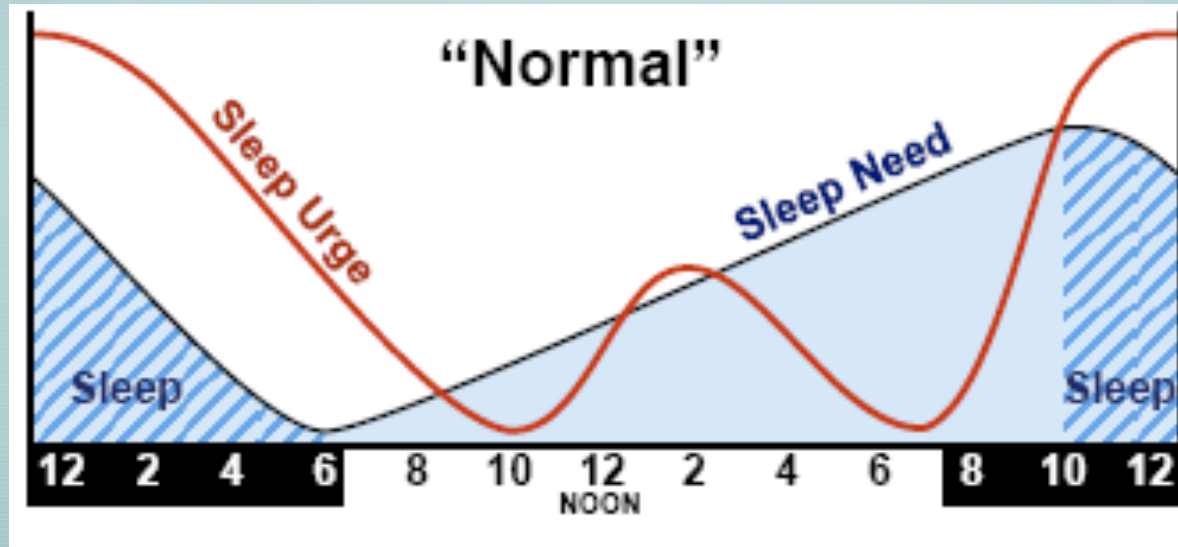






Awake in light and asleep in dark





# "Normal" Circadian Rhythm





What's going on in your dorm room?



# World's Most Accurate Pie Chart



Time in bed not equal to time asleep





Sleepwalking roommate?





# Snoring roommate?

Their apnea is your insomnia :(



I wish I could sleep... but my damn  
A.D.D. kicks in and well basically,  
one sheep, two sheep, cow, turtle,  
duck, Ol McDonald had a farm..  
HEEEY Macarena!







Insomnia - cannot fall or stay asleep

Delayed Sleep Phase Syndrome





**WHAT IF EVERYONE IN THE  
WORLD IS NARCOLEPTIC**



**BUT WE ALL FALL ASLEEP AT THE  
SAME TIME**

Narcoleptic Roommate?






Shift work disorder - Night Owl



## Effects of Sleep deprivation

- 
- Irritability
  - Cognitive impairment
  - Memory lapses or loss
  - Impaired moral judgement
  - Severe yawning
  - Hallucinations
  - Symptoms similar to ADHD
  - Impaired immune system
  - Risk of diabetes Type 2
  - Increased heart rate variability
  - Risk of heart disease
  - Increased reaction time
  - Decreased accuracy
  - Tremors
  - Aches
- Other:*
- Growth suppression
  - Risk of obesity
  - Decreased temperature

# Sleep Deprivation



# Sleep loss consequences

- \* 10-15% fatal vehicle accidents
- \* Night, high speeds and young men
- \* Effects increased with alcohol
- \* Performance lapses





# Handling "FOMO" (Fear of missing out?)



Deci-Sions = Ten-Sion !





*Memo From*  
**SHELLEY R. BERSON, M.D., FACS, FAAOA**  
**BOARD CERTIFIED**  
**ENT, SLEEP MEDICINE & ALLERGY**  
**(845) 727-1340**

Plan  
Ahead  
d!!!



[www.Sleepyti.me](http://www.Sleepyti.me)







Don't food shop when tired or hungry

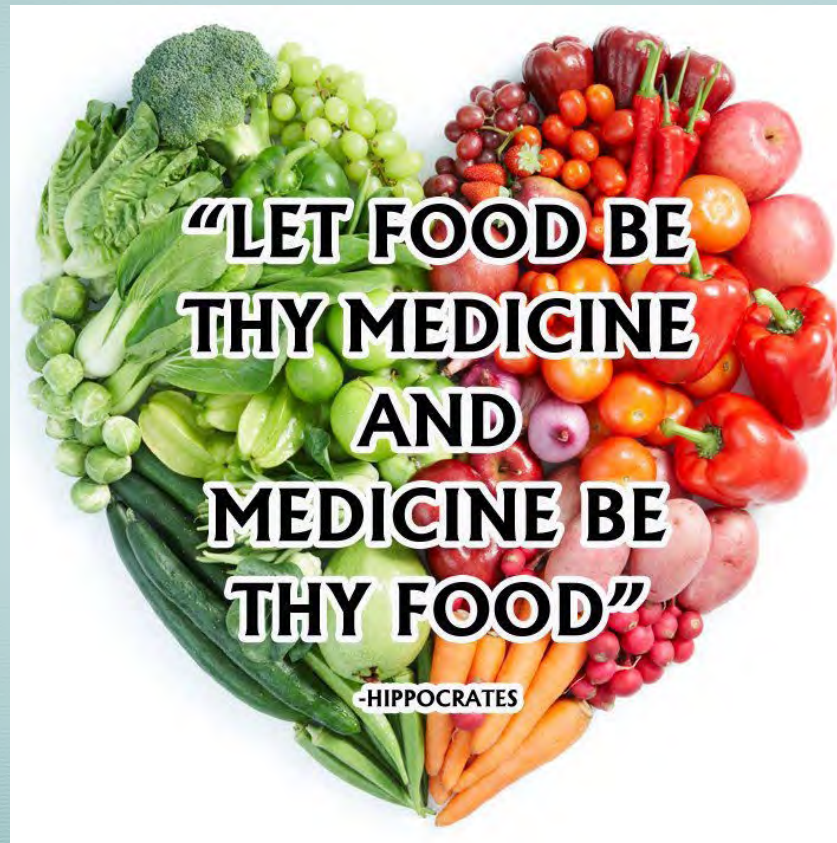
A balanced diet is a cookie in each hand, right?





## Sleep enhancing foods:

Tart cherries, popcorn, almonds, jasmine rice, bread, camomile tea, halibut, bananas, milk, yogurt, chick peas, green tea, oatmeal, honey, edamame, saffron, cereal, potato, miso, dark chocolate



Magnesium, potassium, tryptophan, B6





Meditation Technique 4-7-8 breathing





# Sleep Mistakes



**Everynight I go to sleep late**

**And in the morning I realize it was a bad idea**





# Sleep Hygiene Tips:

Natural rhythm of **day-light** & **dark-night**

**30-60 min solar noon outdoor light**

**Don't eat or exercise too late**

**Avoid blue wavelength light**

**Sleep in total darkness**

**Cool and Quiet bedroom**

**Set alarm to prepare  
bedtime wind down an  
hour in advance**







How to pull an all-nighter....





**Make sure you really have to**

**Move, dance, stretch 5 minutes every hour**

**Ice cubes on eyelids**

**Drink ice water, not caffeine**

**Laugh don't yawn**

**Eat protein, dairy or apples**

**Hardcore metal  
arhythmic music**

**Get scared**

**Tap feet**

**Stand up**

**Not in bed**

**Save easiest  
work for  
later**

**Cold air**

**Lights on**

**2-3 hour prenap**






**Make sure you really have to!!!**





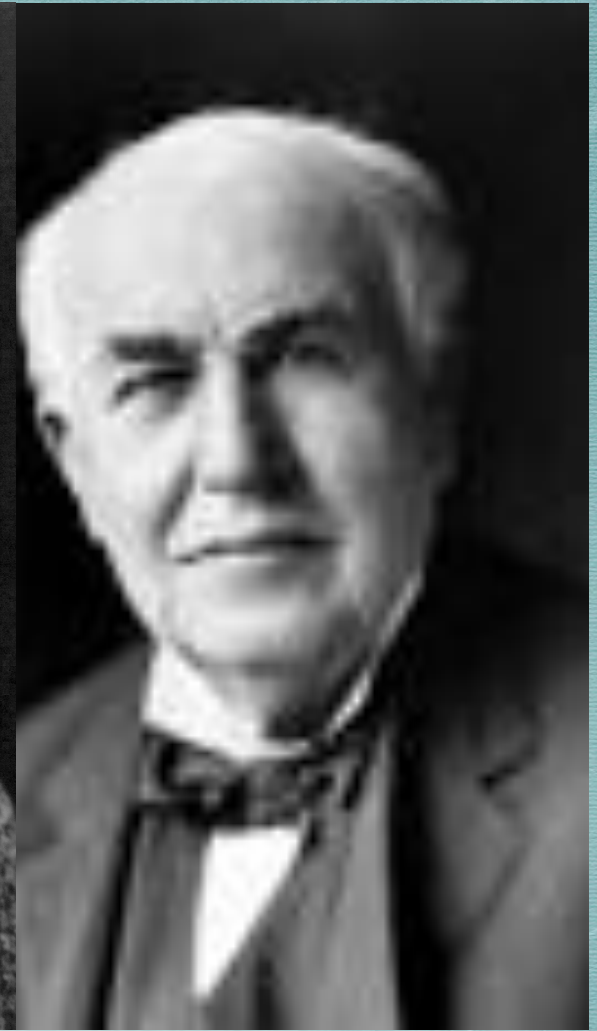
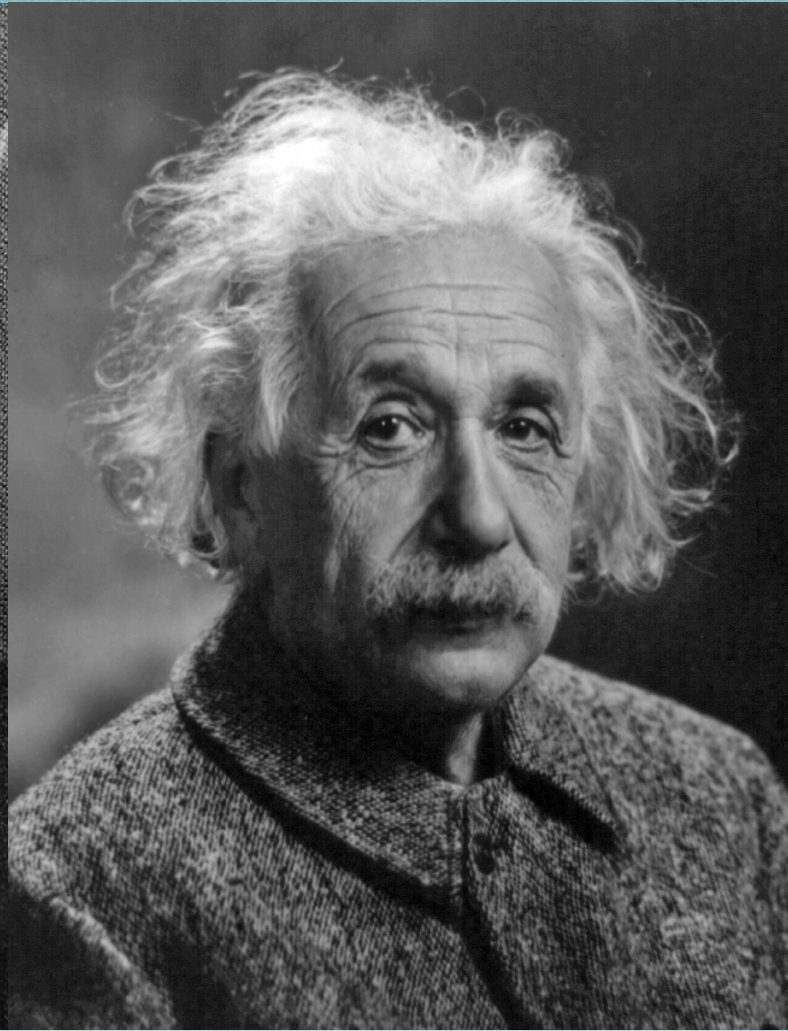
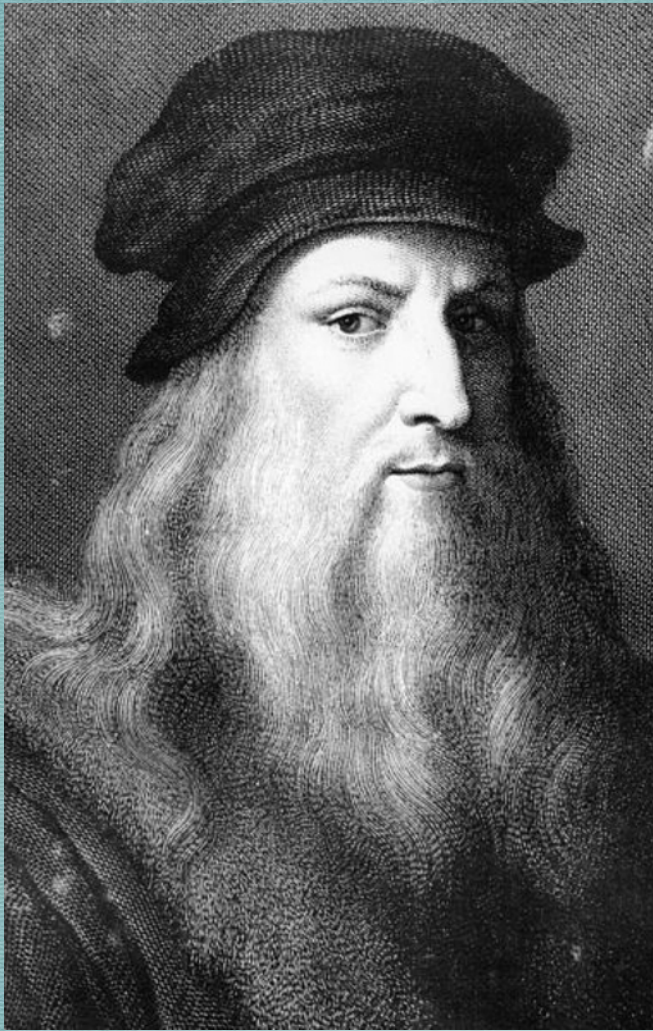
# Rests, breaks, naps, "breathers", mini-vacations, siestas, time outs



Symbol	Rest Names
	Whole Rest
	Half Rest
	Quarter Rest
	Eighth Rest
	Sixteenth Rest







What did da Vinci, Einstein and Edison have in common?



## How Long to Nap



### 10 to 20 Minutes

This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

### 30 Minutes

Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap's restorative benefits become apparent.

### 60 Minutes

This nap is best for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. The downside: some grogginess upon waking up.

### 90 Minutes

This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

### Siestas? Si!

Siesta time, 1 p.m. to 4 p.m., is ideal, though it depends on when people wake up and go to bed. Napping later in the day can interfere with falling asleep at night.



### A Nation of Nappers

# 34%

Slightly more than one-third of adults in the U.S. say they take a nap on a typical day.

### Exercise and Naps



# 37% vs. 30%

People who said they'd had vigorous exercise in the past 24 hours were more apt to nap than those who hadn't.

### Reducing the Sleep Deficit

Healthy adults who don't get as much as sleep as they'd like should nap. A person who dreams during a short nap likely is sleep-deprived. For conditions like insomnia or sleep apnea, napping isn't recommended.



### Where to Nap?

In a parked car, under a desk, lying on a couch—whatever works, experts say. But to avoid a deep sleep, it's best to sit slightly upright.



### Naps: Wasted on the Young

The drive for longer naps is higher for the young—adolescents, college students and individuals through their 20s. As we age there is a tendency to take and be satisfied with shorter naps.



Illustrations by Renée Geffriaud

Sources: Pew Research Social & Demographic Trends, 2009; American Academy of Sleep Medicine; David Dinges, Ilene Roser, Perelman School of Medicine, University of Pennsylvania; Rafael Pelayo, Stanford University School of Medicine's Sleep Medicine Center; Sara Mednick, University of California, Riverside; Leon Lack, Nicole Lovatto, Flinders University, Australia; Kimberly Cote, Brock University, Canada; Sara Alger, University of Notre Dame





**I DON'T HAVE A PROBLEM  
WITH CAFFEINE.**



**I HAVE A PROBLEM  
WITHOUT CAFFEINE.**

**ALCOHOL**

does not cause

**HANGOVERS!**

**SLEEP**

is the problem, cos I

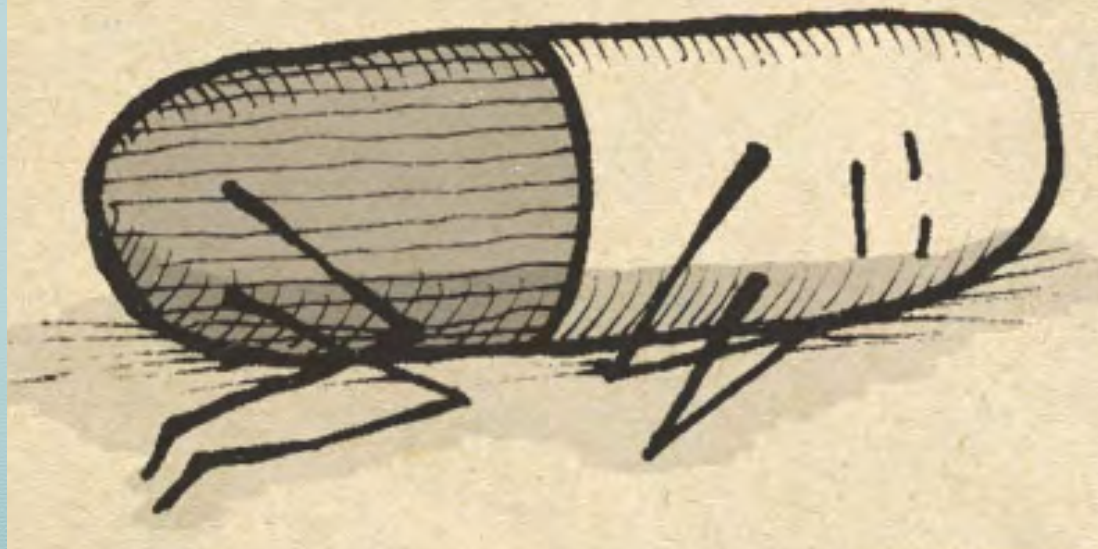
**FELT GREAT**

before I went to sleep!





# SLEEPING PILL



Nothing can replace sleep better than sleep  
Melatonin might help!





The secret to a good night sleep:

A good day awake!!!





When I die.....

will I wake.....

and say to myself.....



I've had the most  
Wonderful dream?





**[www.zzenter.com](http://www.zzenter.com) and like Zzenter FB page**  
**Weswell sleep tips: <http://www.wesleyan.edu/weswell/online/sleep.html>**







Sleep: the end!





## Yoga and relaxation poses



