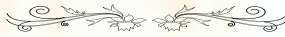


Why is Sleep So Important?



Below is a list of what can happen when we don't get enough sleep or when our sleep quality is poor:

- Lower concentration.
- Harder to make decisions.
- Irritability and frustration increases.
- Body is sluggish.
- Speech is slurred.
- More accidents occur.
- Physical health declines.
- Mental health disorders worsen.
- The aging process may speed up.

Long-term sleep deprivation can have serious consequences to your health; physically and mentally. There is diminished critical thinking if a person is sleep deprived, which has a direct link to unhappiness and stress.

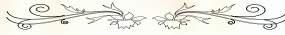
When to Get Help

- If you continually don't feel restored after sleep.
- You can't fall asleep or stay asleep.
- It's been a problem for several months.
- It's affecting your moods at work and at home.
- Your physical health is declining.

The important thing is to return to your regular sleep schedule as soon as possible. You cannot make up for large sleep losses during the week by sleeping in on the weekends. You just cannot replace lost sleep all at once.

Know Your Sleep Type - Early morning types (Larks) leap out of bed at the crack of dawn, do their best work before noon but become worn out before the evening. The evening type (Owls) cannot get going in the morning but are still going strong way past midnight. Your sleep type is part of your genetic makeup and needs to be understood and accepted.

Normal Sleep



Non-Rapid Eye Movement (NREM) and Rapid eye movement (REM) are the two basic types of sleep.

NREM sleep has four stages:

Stage 1 - is a light sleep that is easily disrupted.

Stage 2 - is a moderate light sleep, your heart rate and brain activity is slower.

Stage 3 - is a deep sleep with slow brain activity.

Stage 4 – deep delta sleep where it is hard for others to wake you.

REM sleep:

Your brain is highly active and you have your most vivid and prolonged dreams here. It's easier to arouse someone from REM sleep than from stage 3 or 4 of NREM sleep. About 20 to 25 percent of total sleep time is in the REM stage.



The Cycle

Stage 1 – up to 10 minutes

Stage 2 – 10 to 25 minutes

Stage 3 – 5 minutes

Stage 4 – 20 to 40 minutes

Repeat

Stage 3 – 1 to 2 minutes

Stage 2 – 5 to 10 minutes

Then REM for 5 minutes

The first REM stage begins about 90 minutes into sleep and then the cycle starts over again. As your sleep cycles progress, stage 3 and 4 get shorter and REM gets longer.

It's normal to have brief awakenings during the night while moving to and from REM sleep. They last only a few seconds and you may not even remember being awakened.

A Night at the Sleep Lab



If you can't sleep, you may want to ask your doctor for a referral to a sleep center. A sleep center with its specialized testing and trained scientists may be able to give you the relief that you need.

During your night at a sleep lab, you will undergo some tests to determine whether you have sleep apnea, narcolepsy, periodic limb movement disorder or other sleep related conditions.

Electroencephalogram (EEG) – an electroencephalograph measures the brain's electrical activity. They attach several electrodes (metal discs) to a person's scalp, and the machine produces an EEG of the brain's electrical activity.

Electromyogram (EMG) – The electromyogram records electrical activity in skeletal muscles. This procedure is also done with electrodes on the skin, usually the chin muscles and the shin muscles.

Electrooculogram (EOG) – This test measures eye movement activity.

Electrocardiogram (ECG) – Continuously records your heart's electrical activity.

Respiratory Monitoring – Monitoring of airflow (to detect sleep apnea) and the monitoring of respiratory effort. A small device called a "pulse oximeter" is placed on your finger to measure ongoing oxygen content in the blood.

Continuous Positive Airway Pressure (CPAP) Titration – Determines how much air pressure is needed to keep the person's airway open and unblocked.

Audiovisual Monitoring – An infrared camera placed above the bed continuously monitors sleep behaviors and sounds to document any abnormalities.

Multiple Sleep Latency Test (MSLT) - Patients taking this test have a history of excessive daytime sleepiness.

Sleep labs are usually located in or affiliated with hospitals, and they have both certified sleep specialists as well as sleep lab technicians on staff. Your sleep study results are usually available a few days after your overnight visit.

Freedom from Stress



- Conflicts within the family or with friends?
- Changes to your life style – death of loved one, moving, loss of job?
- Too many demands on your time?
- No purpose or goals for your future?

This guide helps you recognize the physical and emotional symptoms of stress and provides you with the skills needed to manage that stress so that you can get the sleep you need. The better your resources for handling stressful situations the less likely you are to lose control of your life, leading you to anger or depression.

We all experience stress and a certain level of stress is beneficial as it causes us to take action, but too much stress can lead to lack of sleep which impairs our performance and affects our relationships with others.

When we are stressed we lean towards negative thinking, everything is black or white with no shades of grey to see the positives that may be there. Learn to challenge your negative, irrational thoughts with more positive conclusions.

Signs of Stress

- Difficulty swallowing.
- Aching neck, backache, muscle tension, fatigue.
- Hyper-ventilation, chest pains, panic attacks.
- High blood pressure.
- Indigestion, heartburn, ulcers.
- Weak immune system.
- Feeling irritable, edgy and bad tempered.
- Smoking or drinking too much.
- Feeling apathetic – nothing matters to you.
- Unable to “turn off” worrying thoughts.
- Lack of confidence.
- Feeling like life is not worth living.
- Very emotional and easily crying.
- Putting off seeing friends.
- No outside interests.