

Sleep

Did you know that we spend (or should spend) 8 hours a day, 56 hours a week, 240 hours a month, and 2,920 hours every year SLEEPING?

This adds up to about 1/3 of your life or 122 days a year!



You may think that we spend this 1/3 of our lives doing nothing, but is it really doing nothing?

It looks like it. Our eyes are closed, our muscles are relaxed, our breathing is slowed, and we do not notice light or sound.

But...

both our brain and our body are active during sleep.

Deep sleep allows both your body and brain to re-energize.



What does your brain do when you sleep?

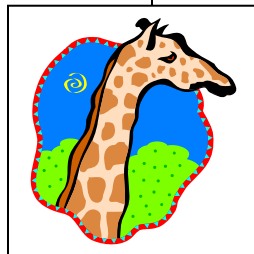
You go through cycles when you sleep. The deep sleep where you dream is called REM sleep. Our mind works out problems through dreams. It has also been thought that sleep helps form memories. Deep sleep allows the mind to re-energize! Even if you miss one night of sleep you might notice difficulty in learning, memory, concentration, and problem solving.

What does your body do when you sleep?

Your body releases growth hormone when you sleep. It aids in the growth and repair of the body tissues. Your muscles are also allowed a period to rest and relax.

How much do animals sleep?

Brown Bat	19.9 hours a day
Tiger	15.8 hours
Hampster	14.3
Monkey	11.8
Duck	10.8
Dog	10.6
Guniea Pig	9.4
Cow	3.9
Elephant	3.3
Horse	2.9



And a giraffe gets the least sleep...

1.9 hours

What are we doing when we are not sleeping?

- Watching TV
- Playing Video games
- Eating
- Reading a book
- Talking on the phone

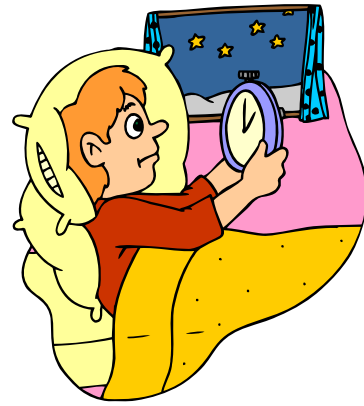
What things do we do to stay awake when we are sleepy?

- Eat
- Drink soda/caffeine
- ???

Did you know that sleep is a learned behavior?



Structure and consistency are the keys.



How many hours of sleep should you get??

0-2 months / 10.5-18 hours	2-12 months / 14-15 hours	1-3 years / 12-14 hours
3-5 years / 12-14 hours	5-12 years / 10-11 hours	Teens / 8-9 hours

Paying attention to good sleep habits is the most important thing you can do to maintain good sleep.

Sleep Do's

1. Go to bed the same time every night.
2. Get up at the same time each day.
3. Get regular exercise each day, morning is the best time.
4. Get exposure to outdoor or bright lights, especially in the afternoon.
5. Keep the temperature in the bedroom comfortable.
6. Keep the bedroom dark and quiet when sleeping.
7. Use your bed only for sleeping.
8. Things that will help you relax before going to sleep: warm bath, calming thoughts, deep breaths
9. Keep your hands and feet warm.
10. Take your medicines as directed.

Sleep Don'ts

1. Exercise before going to bed.
2. Engage in stimulating activity just before bed (i.e. playing a competitive game, watching an exciting program or movie, having an important talk with a loved one.
3. Have caffeine in the evening (coffee, teas, chocolate, sodas, etc)
4. Read or watch television in bed.
5. Use alcohol to help you sleep.
6. Go to bed too hungry or too full.
7. Take daytime naps.
8. Command yourself to go to sleep.



If you lie in bed awake for more than 20-30 minutes, get up, go to a different room, and participate in a quiet activity, then return to bed when you feel sleepy. Do this as many times during the night as needed.

Reference: "What is Sleep..and why do we do it?" Eric Chudler PhD University of Washington.

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