

"Quite simply, we are not complete without sleep"

BODY FUNCTION

Learning

Emotion regulation

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CAMP MÅK-A-DREAM

Body Function benefits of sleep and rest:

- Muscle repair
- Immune system repair
- Re-energizing
- Weight management
- Re-balance hormones and other body chemicals

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Learning benefits of sleep and rest:



- Move learned material from short-term to long-term memory
- Organize memories and experiences in the context of past, present, and future
- Integrate new material with existing knowledge
- Better decision making
- More innovative and creative



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Emotional benefits of sleep and rest:

- Dreams can help us to process ("move through") difficult emotions
- Calmer, more emotionally steady
- Improved recognition of the emotions of others
- Better able to handle interpersonal conflict
- "Sleep on it" fresh perspectives or emotional reset







Inadequate sleep leads to...

- Heart disease
- Diabetes
- Hypertension
- Alzheimer's
- Immune dysfunction
- Every common cause of death

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Inadequate sleep impairs brain function

- Attention
- Decision making
- Hand-eye coordination
- Calculation accuracy
- Logical reasoning
- Memory



How much sleep and rest should you get?

- Varies over our lifespan
- 7 to 9 hours
- 42% of each day resting/sleeping
- Wake feeling rested
- Get through day without caffeine





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Sleep deprivation is...

- Drowsiness (the "alarm")
- Falling asleep unexpectedly
- Fewer than 5 to 6 hours per night
- Stress response may be masking your impairment
- Epworth Sleepiness Scale





It's not easy to get the sleep and rest we need!

Worry & Stress

Pain or other body challenges

SOCIETAL PRESSURES

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ALLER.	

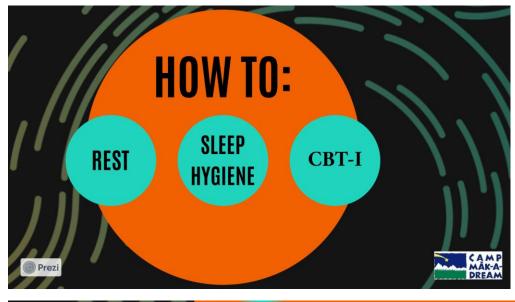
Societal pressures:

- Working extra hours is rewarded: promotions, money, clout, special opportunities
- Bragging from friends and family
 - example: "Today I completed all of this with only 5 hours of sleep last night!"
- Mothers and single parents are ALWAYS on-call for family member needs, even in the middle of the night
- Caregivers (of all sorts) might believe their rest comes second to the rest of others _____











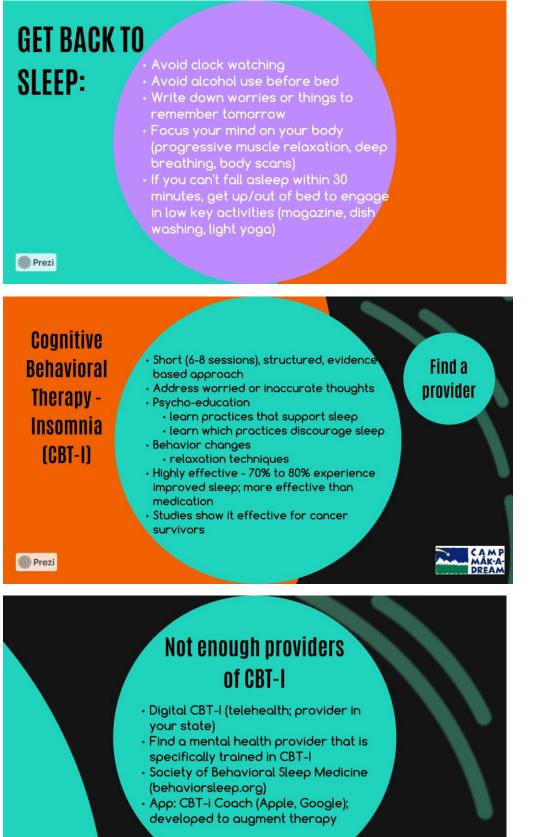
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Slides for workshop: The Superpower of Sleep & Rest



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DREA





The "Ideal" Schedule

- Spreadsheet of 24 hours and activities
- Start with inflexible scheduled activities
- Double up to fit in "rest"
- Make cuts as needed
 Remember 42% rest & sleep

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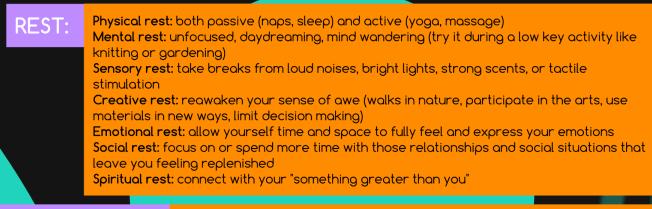


Sleep Plan Option #2:

- One goal at a time
- Select your first sleep or rest goal
- Plan when/how you will implement that goal
- Review your progress
- Select the next goal

Goal Options

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- Routine same steps before getting into bed each night
- Wake the same time each morning
- Limit screen time 1 hour before bed, especially "blue screens"
- Write down worries or things to remember tomorrow
- Avoid alcohol use before bed
- CAMP MÅK-A-DREAM

SLEEP HYGIENE:

- Avoid clock watching
- Focus your mind on your body (progressive muscle relaxation, deep breathing, body scans)
- If you can't fall asleep within 30 minutes, get up/out of bed to engage in low key activities (magazine, dish washing, light yoga)

Citations:

- "Burnout: The secret to unlocking the stress cycle" by Emily and Amelia Nagoski (2019, Ballantine Books)
- "The 7 Types of Rest that Every Person Needs" by Saundra Dalton Smith, M.D. (2021, Ideas.TED.com)
- "Cognitive Behavioral Therapy for Insomnia" by Rob Newsom, 10-22-2020 at sleepfoundation.org

Resources:

- The Sleep Science Pod by Dr. Caroline Horton on ListenNotes.com
- Life Kit: tools to help you get it together on NPR website
- Society of Behavioral Sleep Medicine (behaviorsleep.org)

QUESTIONS?



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