

The Superpower of Sleep & Rest

- Science of Sleep & Rest
- "How To"
- Sleep Plan
- Q & A

Tessa Heuermann, LCSW

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EVIDENCE IS CLEAR...

- How sleep helps your body/brain
- How sleep deprivation hurts your body
- How much sleep is enough
- Oscillation & Cycles
- "Sleep is medicine"
- It's not easy!

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How sleep helps your body/brain:

"Quite simply, we are not complete without sleep"

BODY FUNCTION

Learning

Emotion regulation

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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



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How sleep deprivation hurts your body/brain:

Inadequate sleep leads to...

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



Inadequate sleep impairs brain function

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



How much sleep and rest should you get?

- 7 to 9 hours
- 42% of each day resting/sleeping
- Wake feeling rested
- Get through day without caffeine
- May come in "chunks" or blocks of sleep
- Varies over our lifespan



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

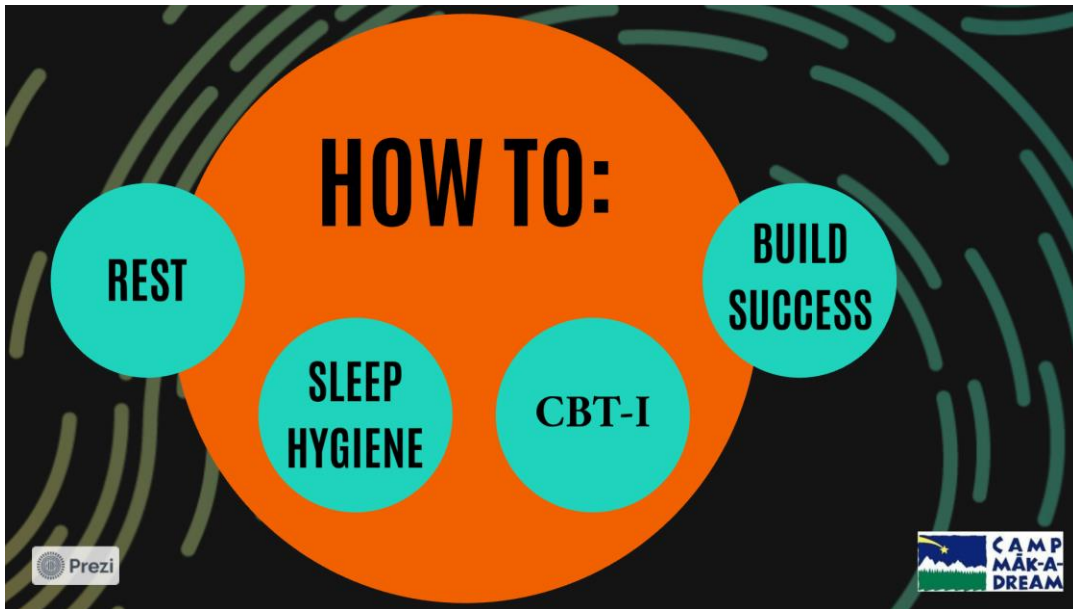


Societal pressures:



- Working extra hours is rewarded: promotions, money, clout, special opportunities
- Bragging rights with 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





What is "rest"?

"... switching from one type of activity to another."

"... when you stop using a part of you that is used up, worn out, damaged, or inflamed..."

7 TYPES OF REST

Sandra Dalton-Smith, M.D.

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- ## TYPES OF REST
- **Physical rest:** both passive (naps, sleep) and active (yoga, massage)
 - **Mental rest:** unfocused, daydreaming, mind wandering (try it during a low key activity like knitting or gardening)
 - **Sensory rest:** take breaks from loud noises, bright lights, strong scents, or tactile stimulation
 - **Creative rest:** reawaken your sense of awe (walks in nature, participate in the arts, use materials in new ways, limit decision making)
 - **Emotional rest:** allow yourself time and space to fully feel and express your emotions
 - **Social rest:** focus on or spend more time with those relationships and social situations that leave you feeling replenished
 - **Spiritual rest:** connect with your "something greater than you"
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SLEEP HYGIENE

TO FALL ASLEEP

TO GET BACK TO SLEEP



To fall asleep:

- 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"
- Limit cardiovascular exercise
- Avoid alcohol before bed
- Write down worries or things to remember tomorrow
- 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)



GET BACK TO SLEEP:

- Avoid clock watching
- Avoid things that wake you (light, temperature changes, body position changes, loud sounds)
- Write down worries or things to remember tomorrow
- 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)



Cognitive Behavioral Therapy - Insomnia (CBT-I)

- Short (6-8 sessions), structured, evidence-based approach to treating insomnia
- Restructure dysfunctional thoughts about sleep (address worried or inaccurate thoughts)
- Psycho-education
 - learn practices that support sleep
 - learn which practices discourage sleep
- Behavior changes
 - stimulus control
 - sleep restriction or compression
 - relaxation techniques
- Highly effective - 70% to 80% experience improved sleep; more effective than medication
- Studies show it effective for cancer survivors

Find a provider



Not enough providers of CBT-I

- Digital CBT-I (telehealth; provider in your state)
- Find a mental health provider that is specifically trained in CBT-I
- Society of Behavioral Sleep Medicine (behaviorsleep.org)
- App: CBT-i Coach (Apple, Google); developed to augment therapy



BUILDING SUCCESS TAKES PLANNING:

1. Create a sleep plan that matches your body's need for sleep AND rest
2. Share that plan with people who influence your sleep and rest (partners, caregivers, employers)
3. Track your progress



Sleep Plans

The "Ideal" Schedule



One goal at a time



Sleep Plan Option #1

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



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



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 Sandra 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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QUESTIONS?

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slides on the webpage
for this retreat/camp

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