



Healthy Sleep Habits

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Circadian Rhythms and Homeostasis

Circadian Rhythms:

- Internally driven cycles, body's circadian clock
- Helps fall asleep and wake
- Rhythms are set by the light/dark cycle of the sun

Homeostasis:

- Keeps track of need for sleep
- Regulates sleep intensity

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Importance of Sleep

Critical role in health and wellbeing

If sleep is cut short, the body doesn't have time to complete important processes

- Increased risk of serious health issues
- Even one night has a next day effect

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Sleep and Light

Light and darkness will predict what your body will do in the future

Specialized cells in retinas process light and tell brain whether it is day or night

Color of light affects circadian rhythms

- Blue, White, Red, Yellow/Orange

Affects shift workers and jet-lag

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Sleep Cycles

Sleep cycles have two parts

- Non-REM – Stages 1-3, repairs muscles/tissue, stimulates growth/development, boots immune function, builds energy for next day
- REM – learning and memory function

Average adult five to six cycles every twenty-four hours

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Quality & Quantity

Quality of sleep is essential

Signs of poor Quality

- Not feeling rested
- Repeated waking
- Symptoms of sleep disorders

How much sleep do you need? (Quantity)

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How Much Sleep Do You Need?

Age Group		Recommended Hours of Sleep Per Day
Newborn	0-3 months	14-17 hours (National Sleep Foundation) No recommendation (American Academy of Sleep Medicine)
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Preschool	3-5 years	10-13 hours per 24 hours (including naps)
School Age	6-12 years	9-12 hours per 24 hours
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and older	7-8 hours

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Daytime Behaviors

- What you eat and drink
- Regular physical activity
- Medications you take
- Daytime schedule
- Evening routine

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Common Causes of Insomnia

- Stress
- Anxiety
- Depression
- Medical conditions
- A change in work schedule
- Medications
- Shift work

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Schedule

- Keep consistent!
- Set a bedtime
- Make adjustments in 15-minute increments



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Sleep Hygiene

- Healthy Sleep Habits lead to a good night's sleep
- Ability to fall asleep and stay asleep
- Cognitive Behavioral Therapy can help address thoughts and behaviors that prevent sleep

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Physical Environment

- Use bed for only sleep and sex
- Quiet
- Relaxing
- Cool temperature
- Lighting



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Evening Routine

- Establish a relaxing bedtime routine
- Limit bright lighting
- Turn off electronics 30-60 minutes prior to bedtime
- Avoid large meals, caffeine, and alcohol
- 20-minute rule

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Additional Tips

- Create relaxing, soothing sounds that send you to sleep. Avoid distracting noises.
- Get outside for 30 minutes every day. Sunlight/vitamin D helps regulate sleep cycle.

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Relaxation

Find short activities that help to de-stress

Try known techniques

- Breathing exercises
- Guided imagery
- Progressive Muscle Relaxation



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What To Do if You Can't Sleep

- Practice good sleep habits
- If problems continue, speak with your doctor
- Keep a sleep diary

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Aromatherapy

Therapeutic use of essential oils made from plant parts

Used by being inhaled or applied to the skin

Improved sleep and relief from anxiety and depression



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Questions?

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