



Change your sleep...Change your life

ACERA

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We will discuss both:

Change your sleep:

Practical tips and reminders

Change your life:

Succeed in changing any health behaviors

....please share your wisdom and experience



Sleep is an *active* process

- No organ or regulatory system “shuts down” though there is a slight decrease in metabolic rate
- Some brain activity increases during sleep; many parts of the brain are as active as awake periods
- **Memories are solidified; repairs are made**



Chronic lack of or poor quality sleep increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity

Animal studies show that sleep is necessary for survival. For example, while rats normally live for two to three years, those deprived of REM sleep survive only about 5 weeks on average, and rats deprived of all sleep stages live only about 3 weeks.

True or False? Sleep

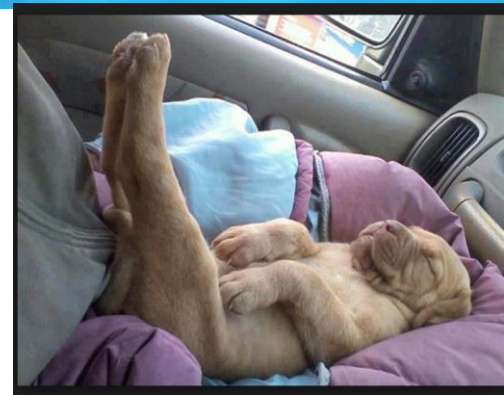
Drinking alcohol helps me sleep.

Exercising before sleep helps me sleep better.

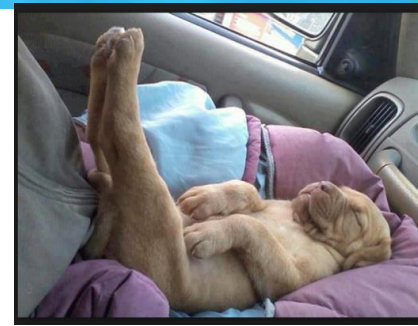
I can make up for lost sleep later.

Taking naps will make it harder to sleep at night.

Answers on Next Slide



True or False? Sleep



Drinking alcohol helps me sleep.

False: While alcohol may calm you and help you go to sleep, it actually increases the number of times you wake up during the night.

Exercising before sleep helps me sleep better.

True and False; Depends on Timing: Exercise can help, but usually when you do it in the morning or afternoon. Sleep experts suggest that you get your exercise 3 or more hours before going to sleep.

I can make up for lost sleep later.

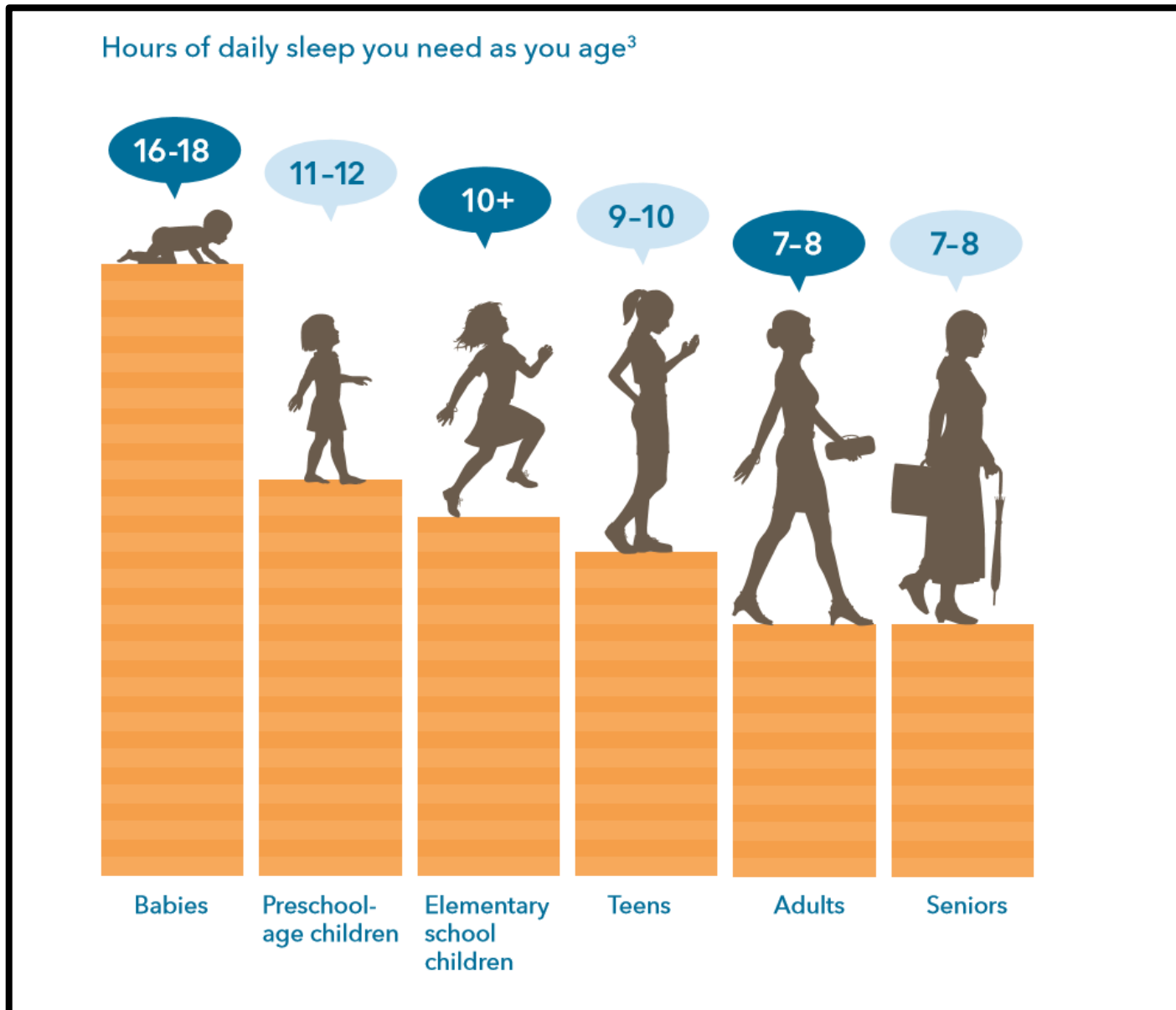
Mostly False: "Sleeping in" might make you so rested that you will not want to go to bed on time the following night. The best way to recover from lost sleep is to keep on your normal schedule, even on weekends.

Taking naps will make it harder to sleep at night.

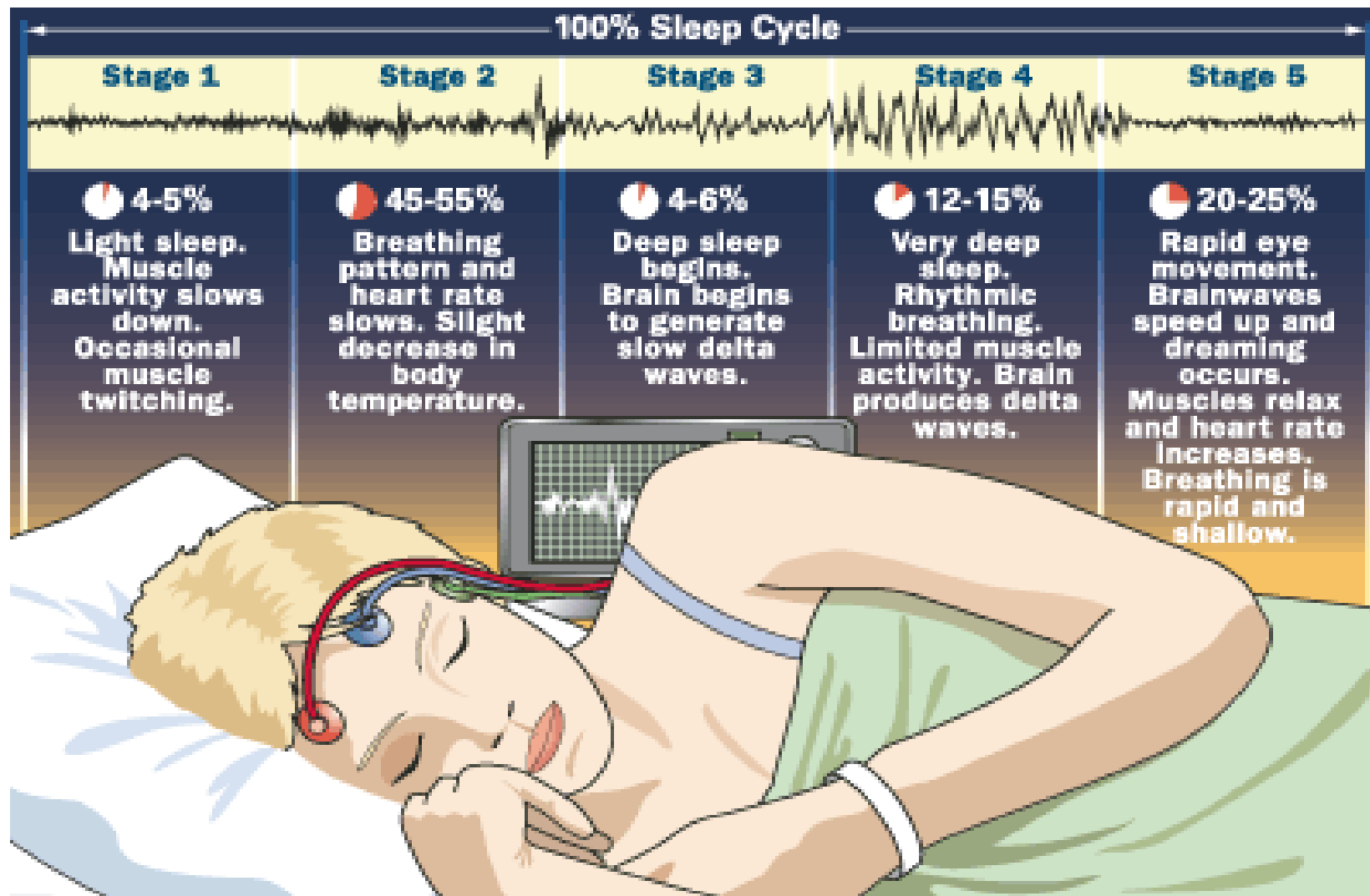
False, But Depends on Timing: Naps are a great way to reenergize midway through the day, and they can increase productivity and improve mood. The key is to keep naps to under an hour and to make sure they occur before 3 or 4 p.m.

How much sleep do you need?

Contrary to popular belief, seniors don't need less sleep. They just tend to get less sleep due to various issues sleeping.



The sleep cycle



The average sleep cycle is 90 minutes. You have 4-6 per night.

What Happens If You Don't Get Enough Sleep?



Dangerous driving

Sleepy driving causes an estimated 100,000 car accidents each year.⁴



Depleted sex drive

Getting only five hours of sleep each night can reduce men's testosterone levels by 15% – in as little as one week.⁵



Irritability

Missing out on sleep can give you a short fuse – making it harder to deal with the normal stresses of your workday.



Weight gain

Not getting enough sleep makes you hungrier and more impulsive, so you're more likely to reach for a late-night burger and fries.⁶



Memory loss

Poor sleep can increase forgetfulness in the short term. Over time, frequent sleep loss can add up to long-term memory loss or worse.⁷

are you sabotaging a good nights' sleep?



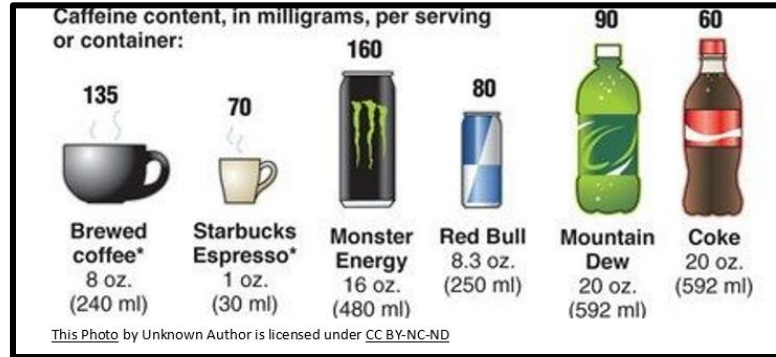
Devices stimulate you with blue light and exciting content. Try setting a device curfew at 2 hours, 1 hour, or even 30 minutes before bed—the earlier in the evening, the better, but whatever feels realistic.



You're going to wake up a lot to use the bathroom.



While cute, each pet will wake you up a handful of times a night. Have them sleep elsewhere.



12 hours after you consume caffeine, $\frac{1}{4}$ of it will still be in your system. Drink it early in the day if you're going to.



Too bright. Get blackout curtains.

simple strategies for improving sleep



Stick to a routine – go to bed and get up at the same time every day; even on weekends

15 minute rule – add to your sleep a bit at a time; once you've established a routine, set your alarm for 15 mins later so your body can adapt to the increase

Don't take phone, computer, bills, etc. to bed with you

Stay cool – lowering your room temperature can help you sleep better; darken your room

simple strategies for improving sleep



Limit caffeine – it stays in your body for 12+ hours

Avoid alcohol within 2 hours of bedtime – initial drowsiness wears off and disturbs sleep

Get out of bed and do something calming if you can't sleep; don't stare at the clock if you can't sleep – face it away from you

Your ideas and tips??

STAGES OF CHANGE

We all move
through various
stages of change

We usually move
back and forth
between stages
many times before
we succeed



What the research says about changing behaviors

- Pay attention to environment – triggers and cues
- Focus on creating new behaviors not stopping old ones
- Timeline is TODAY
- It's not about motivation, it's about setting oneself up to succeed
- Make tiny changes and build on them

Let's look at each of these

Environment is very important!

Example – moving water to a more prominent place in cafeteria and no other changes: soda sales dropped 11.4% and bottled water sales increased by 26%.

What about these “environments”?

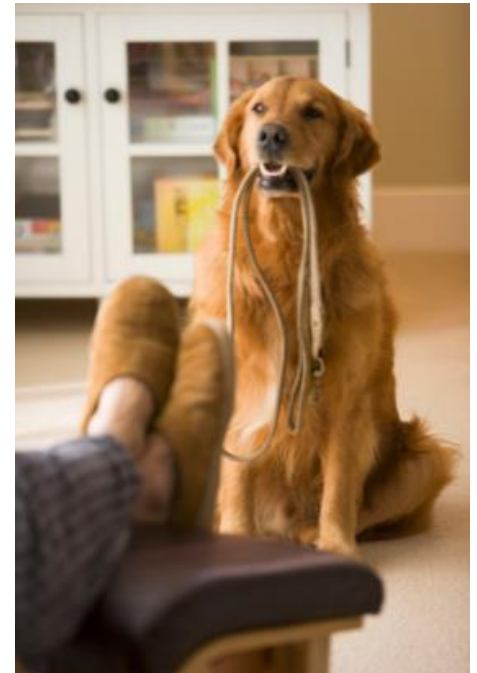


People in this household are more likely to eat a lot of produce, because of their environment.



People who live in this neighborhood are more likely to trip and fall during walks because of their environment.

What behaviors are these triggers and cues for?



Create new vs stop old behaviors

The quickest way to build a new habit into your life is to stack it on top of a current habit....it's called.....



Before/after I (current habit), I will (new habit)

NATURAL TRIGGERS TO STACK ONTO

Morning

Get out of bed

Brush teeth

Make breakfast

Feed pet

Afternoon

Water plants

Check mail

Eat lunch

Night

Eat dinner

Watch TV

Shower

Get into bed

**Before I sit in my armchair for the night, I will
walk the dog for 10 mins**

Keep it small – it adds up!



**Replace a soft
drink with water
at just one meal**

- You will drink approximately 40 more gallons of water per year
- You will also save up to fifty thousand calories = 14 lbs
- You will save as much as \$500

Timeline is TODAY



Which is more doable?

I will exercise every day for 30 mins starting now!

I will exercise for 10 minutes today

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**“If you haven’t exercised in a while,
you may need to stretch and warm up
before you stretch and warm up.”**

Putting it together – my example

What I wanted to change: get more sleep

A few ideas to try:

- ✓ Don't take phone to bed
- ✓ Turn off the TV by 10 pm
- ✓ No caffeine after 5 pm

Pick one and do it – and only it -- every day next week; try the other two in subsequent weeks

Your examples.....

“Rewards” are important for changing behaviors!!

- Small
- Meaningful
- Easy
- Immediate



Rewards reinforce the behavior and your feeling of success....find ways to pat yourself on the back and do it!!

Helpful resources for sleep and health improvement/behavior change: kp.org

Free individual health coaching

Free online health classes

Free online health assessment
with an individual plan and
resources

Apnea assessment

Counseling

- Balance™—weight
Nourish™—nutrition*
- Care™ for Your Health—
chronic conditions
- Care™ for Pain
- Overcoming™ Insomnia
- Overcoming™ Depression
- Care™ for Diabetes

your body
hears everything
your mind says

stay positive



THANK YOU