

SLEEP MATTERS

**How Daytime Activities Affect our Sleep
A Behavioral Approach to Improved Sleep**

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Sleep Phases are Non Sequential

- **Light Non REM Sleep (5%)**
- **Core Non REM Sleep (45%)**
- **Deep Non REM Sleep (25%)**
- **REM (25%)**

- **All Cycles are Necessary**
- **Quality of Each Phase is Important**
- **Sleep Boosts Immune System**
- **Memory Consolidation - REM**
- **Brain Repair “taking out the trash”**
 - **Eliminating debris in the body - Deep Non REM**
 - **Processes debris into lymphatic system**
- **Delta Wave (binaural) music can help with sleep phases**

Nutrition

- **Fresh fruits and vegetables**
 - Foods rich in magnesium and Vit B5
 - Support serotonin production needed for sleep
 - Neurotransmitters, hormones, manufactured in the gut
 - Neurotransmitters throughout our body, not just in the brain
- **Fiber - 25 to 30 Mgs Daily from Food, not Supplements**
 - Helps w/deeper restorative sleep necessary for muscle repair
 - Eating fiber closer to bedtime contributes to improved sleep
 - Hemp Hearts, Chia Seeds, Flax Seeds - sprinkle on foods
- **Protein**
 - Protein early in day to allow digestion before sleep

Nutrition

- **Avoid Alcohol and Caffeinated beverages**
 - CNS depressant that initiates relaxation, but as it is
 - As digested and processed carbs break down
 - Sleep disruptions: elevated heart rate, sweating, headache, and dehydration.
 - Caffeine interrupts sleep onset and maintained sleep
- **Processed Foods contribute to difficulty in falling asleep**
 - Avoid Refined sugars
 - Avoid Refined Carbs
 - Avoid Spicy foods
- **Sugars and Added Sugar**
 - Contribute to difficulty in falling asleep and staying asleep

Exercise

- **Time of day depends upon the type of exercise**
 - More vigorous exercise is better earlier in the day
 - Yoga, Qi-Gong, Tai-Chi, stretching in the evening
 - Meditation daily reduces anxiety
- **Have a long-term goal of 150 minutes of Zone 2 per week**
 - Check w/your Physician before engaging in exercise program
- **Sunlight**
 - Morning (direct - not through windows or eyewear) sunlight before 11:00 AM wakes up parts of the brain that regulate circadian rhythm
 - Afternoon/evening sunlight after 4:00 PM is filtered differently and activates the CNS readiness to release melatonin
 - Vit D comes from sunlight and helps regulate circadian rhythm

Lifestyle

- **Daily Activities to Improve Sleep**
- **Tapping lymphatic system “wakes up” our body!**
 - Joints, over kidneys, underarms, abdomen, knees, feet
 - Shaking, jumping, shaking arms/hands “wakes up” our body!
- **Tapping face, neck chest for vagal stimulation**
- **Diaphragmatic breathing for vagal stimulation**
 - Vagal Stimulation puts brakes on cortisol and adrenaline release
- **Cortisol is water soluble - drink water!**

Lifestyle

- **Environmental Factors - Set the Bedroom up for Sleep**
 - Dark room or eye shades
 - Cooler temperatures promote faster sleep onset
 - No TV or electronic devices in the room as they emit blue light
 - Change phone settings to reduce blue light after 4:00 PM
 - Maintain sleep patterns each night
 - If wakefulness is a problem, try tapping, diaphragmatic breathing, Delta Wave music, meditation
- **Light activates Habenula - shuts down release of dopamine**
 - Habenula is activated when we're disappointed
 - Nighttime electronics contributes to depressive symptoms
 - Critical hours of sleep are between 11:00 PM and 4:00 AM

Start Small

- **Implement small changes from each category**
- **Example:**
 - Nutrition - increase fiber intake
 - Exercise - walking daily
 - Lifestyle - Tapping
- **It takes 6 weeks to incorporate changes into a habit**
- **Incorporate changes when it feels appropriate**
- **Consult your physician to rule out sleep disorders, such as apnea, chronic insomnia, frequent waking during the night**
- **Stick to a routine**
 - Routines boost immune system and reduce inflammation