

Healthy Living

Topic of April

SLEEP MANAGEMENT

Duke Health and Exercise Research Trials • Research@duke.edu • 919-681-9000

Sleep Hygiene: Habits that you can put in place each evening to optimize sleep. –NSF

Sleep Debt: Accumulated sleep loss. –NSF

Did You Know?

- ❖ About one-third of a human's lifetime is spent sleeping and still, the average American lacks sleep. –NSF
- ❖ Approximately half of all American adults – or about 90 million people, are regular snorers. –NSF
- ❖ While more sleep will not necessarily protect you from getting sick, less sleep could negatively affect your immune system, leaving you susceptible to a bad cold or case of the flu. –NSF

Healthy Sleep Habits

- ❖ Maintain a consistent sleep schedule and exercise daily
- ❖ Avoid noise at night. If you live in a noisy area, consider investing in a sound machine to mask disruptive noises
- ❖ Avoid caffeine and excess drinking prior to sleeping
- ❖ Create a bedtime ritual (reading, meditation, bathing, etc.)
- ❖ Avoid looking at phone, TV, or other devices before sleep.

Repaying Sleep Debt

Sleep debt cannot always be repaid by more sleep on the weekend. For example, being 1-hour shy of adequate sleep for 5 days would require an extra 5 hours of sleep on the weekend. By making gradual changes during the week, like going to sleep 30 minutes earlier, there would be less sleep debt to repay on the weekend!

Questions to Ask Yourself

- ❖ Do you feel rested when you wake up?
- ❖ Do you sleep throughout the night or do you wake up often?
- ❖ Are you alert during the day or do you often rely on caffeine?
- ❖ Are you pleased with your sleep habits?
- ❖ Is there anything disrupting your sleep?

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Circadian Rhythm

- Often referred to as an “internal clock”, circadian rhythm regulates your sleep/wake cycle.
- It is controlled by an area of your brain that receives signals (such as light) and then sends that info throughout your body.
- This is why a regular sleep schedule is so important!

Challenge of the Month

Maintain a [sleep diary](#), such as the one provided on the National Sleep Foundation's website:

sleepfoundation.org

Following each week, review your sleep diary and set goals to target any habits you wish to adjust for the next week! Goals might be:

- Going to sleep 10 minutes earlier on some or all nights
- Reading a book before bed
- Avoiding screen time prior to sleeping

Words of Wisdom

“Sleep is an investment in the energy you need to be effective tomorrow.”

- Rath

To learn more visit the NSF!

