Sleep Hygiene

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Why Is Sleep Important?

• **Symptoms of Sleep Deprivation:**
  – Irritability / Poor Stress Management / Mood Swings
  – Cognitive fatigue / Impaired Concentration
  – Physical fatigue - impairment in function
  – Depression / Anxiety
  – Marital, Family, & Work Issues
  – Pain - Muscular Pain, Neuropathic Pain
  – Other effects – Hypertension, Immune Issues, etc.
  – Recent studies suggest – Weight gain, even loss of brain neurons
How many hours of sleep do you get each night on average?

79316 responses

8 hours or more: 20%
5 to 7 hours: 75%
4 hours or less: 6%

Not a scientifically valid survey. Click to learn more.

- Sleep problems taking a toll on Americans
Sleep is an **ACTIVE** state.
**Insomnia**

(1/3 of population has suffered insomnia in past year, 10% chronic) [1191 National Sleep Foundation Study]

- **Definitions are subjective** –
  - **American Sleep Disorders Association**: A complaint of an insufficient amount of sleep or not feeling rested after the habitual sleep episode
  - **American Psychiatric Association**: Difficulty falling asleep, staying asleep, and/or non-restorative sleep with associated impairment or significant distress for at least 1 month
Chronic Insomnia

- Defined as lasting 6 months or longer
- More difficult to manage with behavioral training alone
- You can teach an old dog new tricks
Poor Sleep

Common Reasons

- Pain
- Stress / Anxiety
- Medications (Including Caffeine, Alcohol, etc.)
- Environment
- Lack of Exercise / Sedentary lifestyle
- Urologic Issues
- Poor Habits
  - Maladaptive Behavior
Chronic Insomnia

Poor Sleep

Hygiene

Meds & Medical Issues
(Urologic, COPD, GERD, Parkinson's, Mood Disorders, etc.)

Sleep Disorders
(Sleep Apnea, Periodic Limb Movement, etc.)
SLEEP LOG

• Bedtime
• Sleep time
• Awakenings — including any clear cause
• Any nighttime symptoms — Pain, SOB, Anxiety, etc.
• Out of Bed time
• Napping
• OR consider actigraphy band or App …..
Often times chronic pain is nearly impossible to treat until the Insomnia is treated.
Sleep as a Trained Behavior

Essentials of Training –

- It’s just like training your dog
  - Consistency
  - Pretraining Routine
  - Avoid “Untraining”
  - Positive reinforcement of undesired behavior
    (TV, Reading, Eating during sleep hours)
  - Diluting the Stimulus – Response association
    (Laying in bed awake)

- Need for retraining when behavior deteriorates
Sleep Hygiene

• Cognitive behavioral therapy -
  - progressive muscle relaxation
  - guided imagery
  - biofeedback
  - stimulus control
  - medical hypnotherapy
  - restriction of time in bed

• Relaxation Tapes / Apps
Frequent factors disturbing sleep

(The DON”T List)

• **Alcohol** - although it promotes sleep onset, alcohol leads to shallow, fragmented sleep

• **Caffeine** – can stay in your system for 14 hours

• **Nicotine** :
  – at low doses, tends to act as a sedative
  – high doses it causes arousals during sleep

• **Daytime napping** (can be ok if sleeping well at night)

• **Exercise** :
  – Lack of exercise during day
  – Too much exercise at night
Frequent factors disturbing sleep

(The DON”T List)

• **Poor sleep environment**
  – noise, distractions, other stressors associated with that space, temperature, positioning

• **Medications** (review with your physician & pharmacist)

• **Television / TV / Computer / Reading**

• **Pets**
  – Care of pets at night, Sleeping with pets
Good Sleep Hygiene
(The **DO** List)

- Set specific bedtime & wake time – stick to it
- Establish a Bedtime Routine (Sleep Priming)
- Consider adapting environment
  - Body Pillow (especially for Sacro-Iliac back pain)
  - Sound machine / Ear Plugs, Aromatherapy, etc.
- Get out of bed if unable to sleep for 15 – 30 min.
  - Leave bedroom (if possible)
    - sit quietly, Do Nothing stimulating (relaxation tape or App. ok)
SLEEP AFFECTS THE WHOLE PERSON ..... and THE WHOLE PERSON AFFECTS SLEEP
Emotional Issues and Sleep

• Case Example:
  – Job Stress and Frustration
Spirituality and Sleep

• Case Example:
  – Spiritual Goals as Sleep Priming
Sleep and Pain

Fibromyalgia
Neurologic Pain
& Muscular Pain

Depression

Insomnia
Underlying Sleep Disorders

- **Obstructive Sleep Apnea**
  - Can now be diagnosed by HOME sleep study
  - CPAP / BiPap, Be aware MULTIPLE masks available

- **Central Sleep Apnea**
  - BiPap

- **Restless Leg Syndrome**
  - Periodic Leg Movement Disorder
    - Miripex, Requip, Neurontin, Lyrica
Medical Intervention for Insomnia

• Benzodiazepines (Valium class of drugs)
  – Potential for dependency, not for long term use
• Elavil (Amitryptyline)
  – Narrow therapeutic window but very effective
  – Used every night (consistent with “training” approach)
• Trazodone – sedating antidepressant
• Lunesta (Eszopiclone)
  – Approved for long term use, no tolerance effect
  – Studies show improvement in functioning the next day
• Others- Melatonin/Rozerum
Fatigue – Other causes

- Hypothyroidism
- Anemia
  - B12, Folate, Iron
- Iron Deficiency (w/o anemia)
- Depression
- Sleep Apnea
- Hypoventilation
- COPD
- Infection
- Diabetes
- Cancer
- Congestive Heart Failure
- Fibromyalgia
- Mononucleosis
- Autoimmune Diseases
- Adrenal Insufficiency
- Other Endocrine disorders
- Alcoholism
- Hypercalcemia
Some online articles of interest:

http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm

http://time.com/55390/sleep-is-the-new-health-frontier

http://en.wikipedia.org/wiki/Sleep

http://www.nytimes.com/2014/01/12/opinion/sunday/goodnight-sleep-clean.html?_r=0