

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



Health

- Health Library
- Breaking Bioethics
- Stem Cell Research
- Sexploration
- Women's Health
- Diet & Fitness
- Sexual Health
- Cancer
- Children's Health
- Heart Health
- Cosmetic Surgery
- Men's Health
- Alzheimer's Disease
- Health Care
- Pet Health

HEALTH

General Health

LIVE VOTE

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%

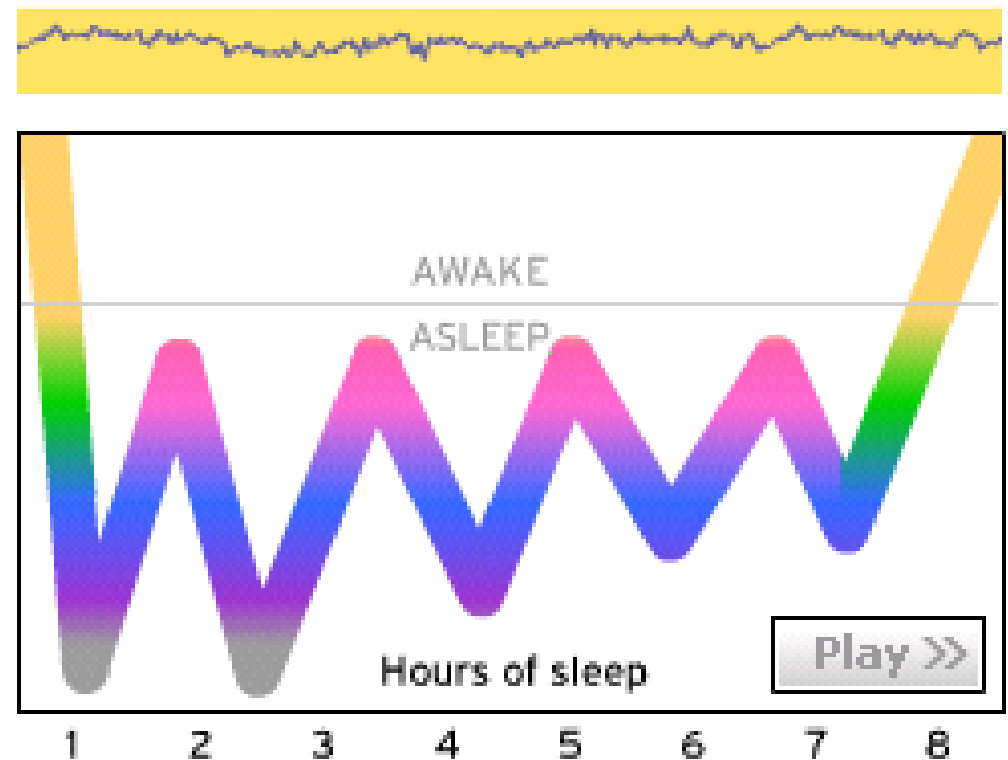
Not a scientifically valid survey. [Click to learn more.](#)

CLICK FOR STORY

- **Sleep problems taking a toll on Americans**

During the course of a night, a sleeper passes through the different stages of sleep on a roughly 90-minute cycle.

- AWAKE
- STAGE 1
- STAGE 2
- STAGE 3
- STAGE 4
- REM SLEEP



CLICK ON THE BUTTONS AT TOP FOR MORE

SOURCES: Harvard Medical School, Encarta Encyclopedia

MSNBC

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.)

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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



sleep tracker bracelet

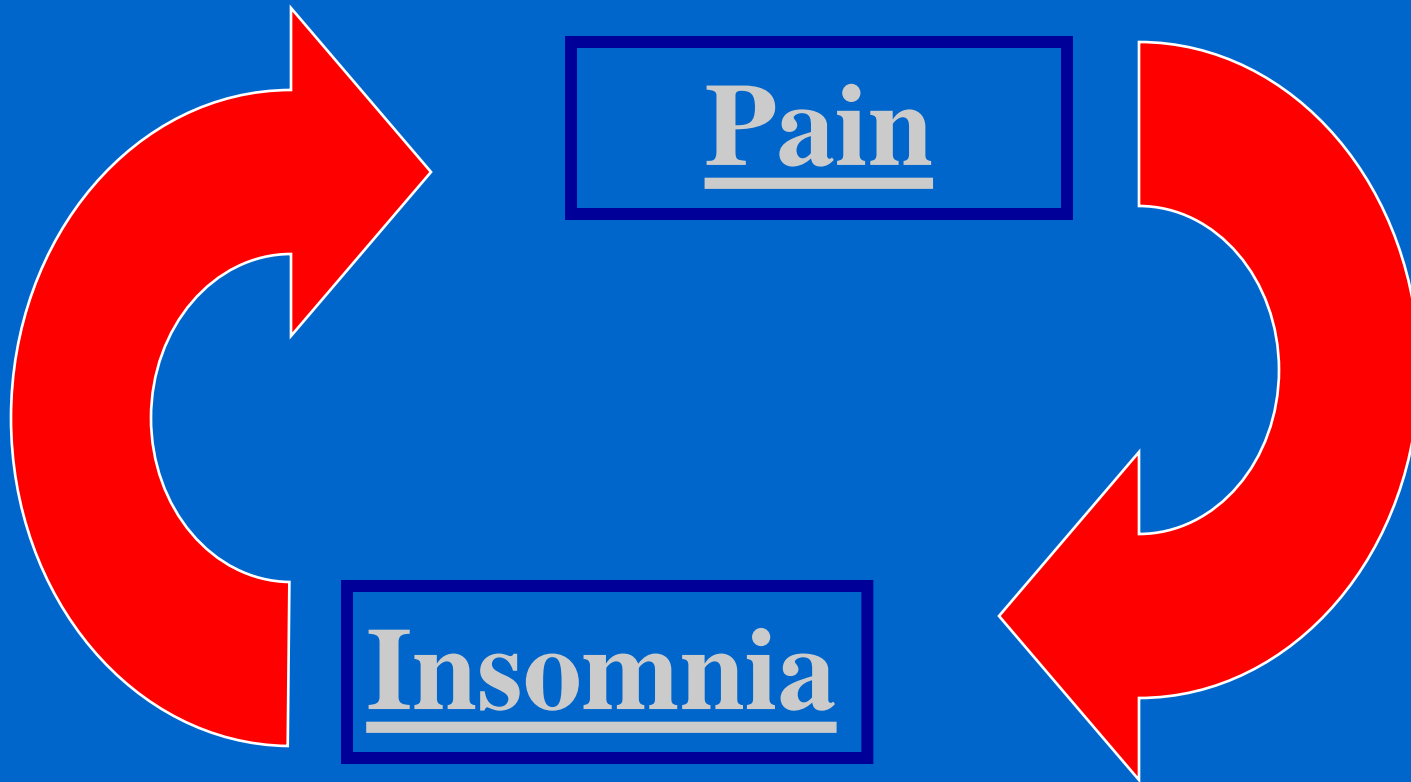


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Pain / Insomnia Cycle



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)

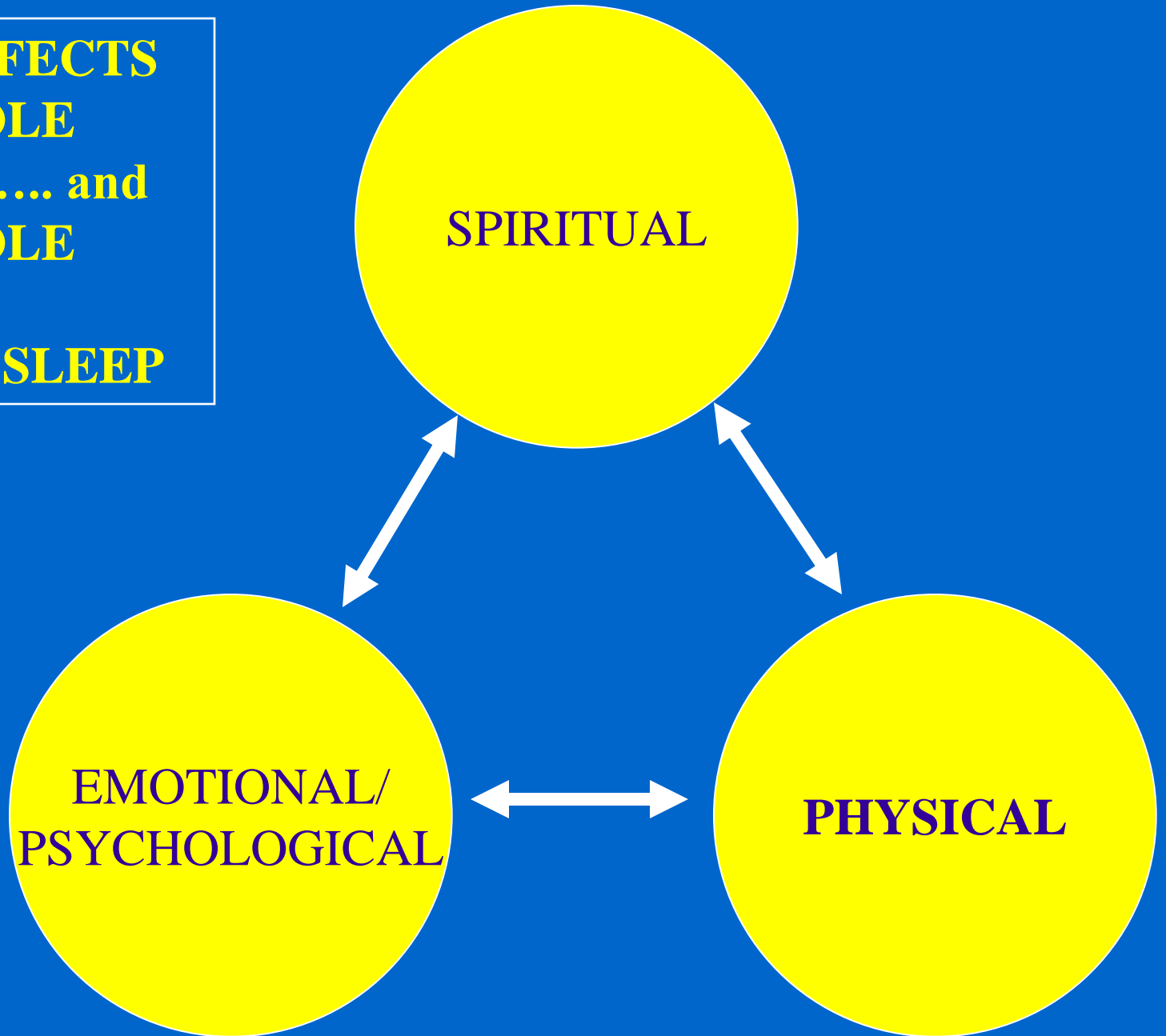
- Poor sleep environment
 - noise, distractions, other stressors associated with that space, temperature, positioning
- Medications (review with your physician & pharmacist)
- Television / TV / Computer / Reading
- Pets
 - Care of pets at night, Sleeping with pets

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

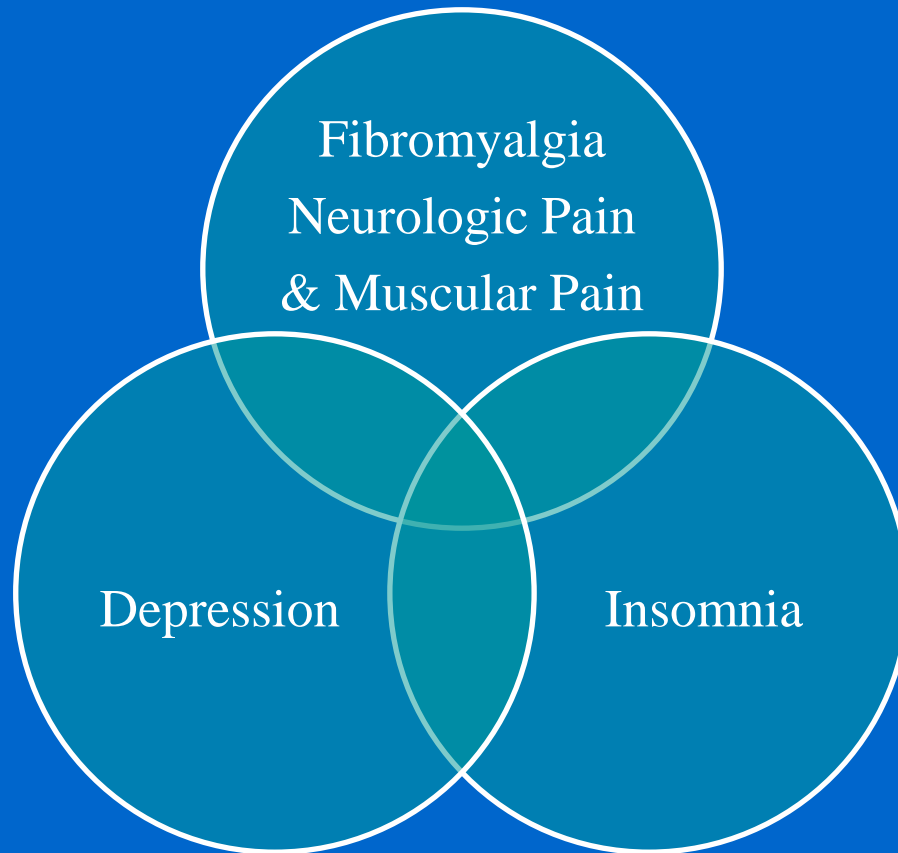


Spirituality and Sleep

- Case Example:
 - Spiritual Goals as Sleep Priming

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Sleep and Pain



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 (Amitriptyline)
 - 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

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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