The OT Student Team Presents...

Healthy Sleep Habits

Wellness Workshop #3

Objectives

By the end of today's session, you will be able to...

- Differentiate non-REM and REM sleep and understand the sleep-wake cycle
- Understand how sleep deprivation affects older adults and how occupational therapy can help with sleep
- Define "sleep hygiene" and learn about how you can develop a healthy sleep routine

Agenda

1. Introduction to Sleep
2. Sleep Difficulties
3. Sleep Hygiene

True Or False

True or False:

Many older adults need 5 or less hours of sleep per night.

False!

Older Adults should get between 7 - 9 hours of sleep per night.

True or False:

Your body gets used to getting less sleep.

False!

Your body does not get used to having less sleep.

True or False:

Your brain is awake during sleep.

True!

Your brain remains active during sleep.

True or False:

If you can’t sleep, it’s best to stay in bed until you fall back asleep

False!

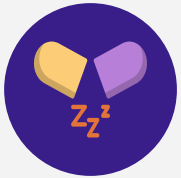
It is best to get out of bed until you are feeling sleepy.

Introduction to Sleep

Importance of Sleep

Helps mental health

Helps brain health



Reduces disease risk

Types of Sleep

REM sleep

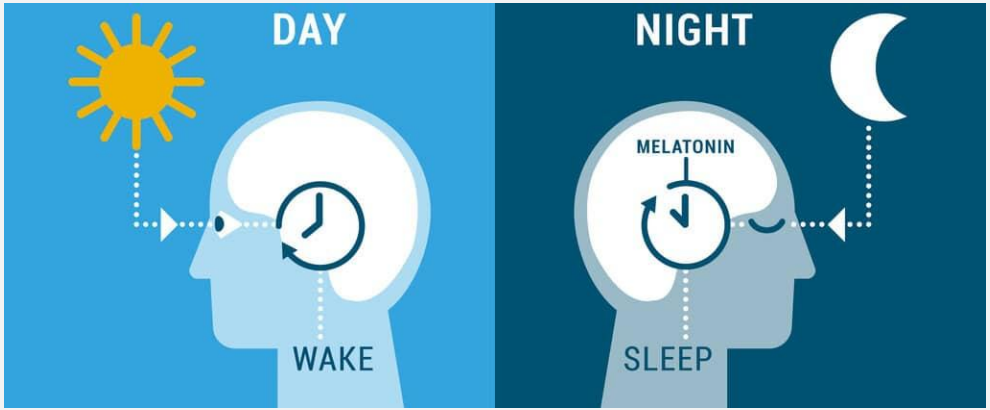
Active sleep
25% of the night
90-min cycles
Immobile bodies
Irregular breathing/HR

Non-REM

Quiet sleep
Stages 1-3
75% of night
Tissue growth &
repair occur

Circadian Rhythm (Sleep-Wake Cycle)

- Are internally driven cycles that rise and fall during the 24-hour day
- Help you fall asleep at night and wake you up in the morning



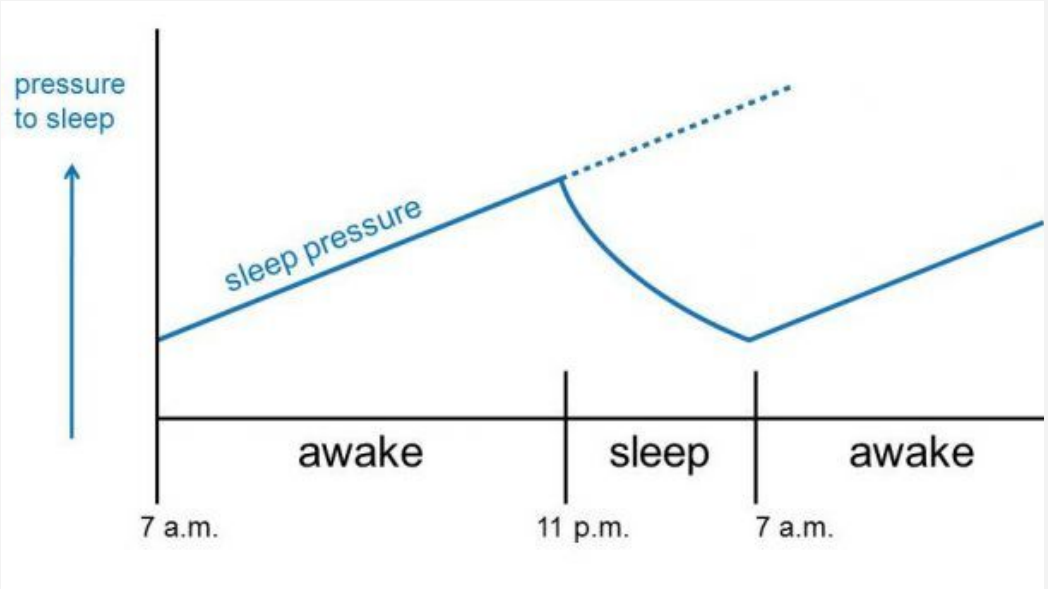
Circadian Rhythm (Sleep-Wake Cycle)

- Schedule of when a person is asleep or awake during a 24 hour period.
- Unique and dynamic cycles
- Can be affected by:
  - Age
  - Genetics
  - Lifestyle factors

Sleep Drive

= our need for sleep!

- Sleep drive builds up in our body as wake time increases
- May be set back with naps
- May be increased with cognitively and/or physically demanding activities



Sleep Difficulties

POLL: How many hours of sleep did you get last night?

Sleep Deprivation in Older Adults

Approximately 40% to 70% of older adults have difficulty sleeping!

Consequences of sleep deprivation for older adults include:

- high blood pressure
- diabetes
- heart attack
- heart failure/stroke
- increased fall risk
- impaired cognitive functioning

Sleep Disturbance: Nocturia

- Nocturia: waking up >1x per night to use the bathroom
  - Interrupts sleep cycle
  - Stop drinking fluids 2-3 hours before sleep
  - Speak to Dr.!

If you are struggling with sleep…

- Track your symptoms
  - Sleep diary
- Do not rely on over-the-counter medication
- Reach out to your primary care physician for the appropriate referral
  - Sleep specialists
  - Occupational therapists
    - CBTI for sleep/insomnia

OT x Sleep

Occupational therapy interventions focus on promoting optimal sleep performance!

Occupational therapists can help by:

- Educating clients and caregivers on sleep expectations and misconceptions
- Modifying one's sleep environment
- Encouraging health management behaviors

Naps?

- Can reduce fatigue, increase alertness, relaxation, and improve mood
- Drawbacks: sleep inertia & impact on nighttime sleep
- Keeping naps short (20 minutes)
- Before 3 pm
- May affect some people more than others

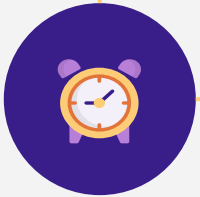
Sleep Hygiene + Strategies

What is ‘sleep hygiene’?

“Sleep hygiene” refers to the healthy habits, behaviors, and environmental factors that contribute to sleeping well on a regular basis.

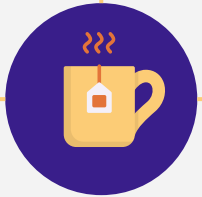
Preparing For Bed: A Timeline

Every Day



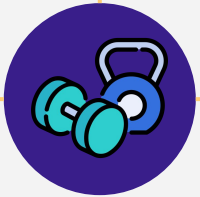
Stick To A Sleep Schedule

4-6 Hours



Avoid Caffeine Intake

90 Minutes



Avoid Vigorous Exercise

30 Minutes

Discontinue Electronics Use

15 Minutes

Begin Sleep Ritual

Share: What is one thing you like to do to prepare for sleep?

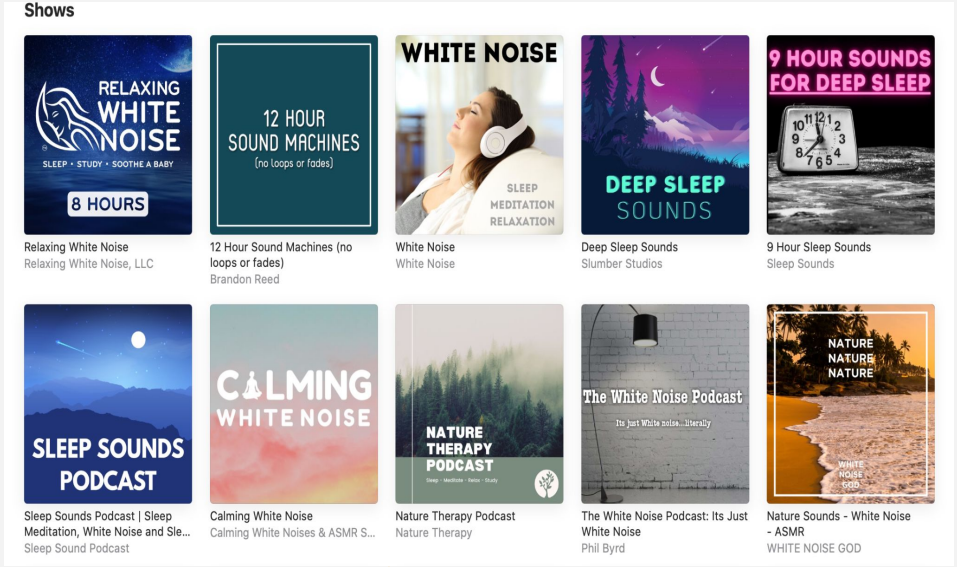
Creating a Healthy Sleep Environment

In order to optimize your sleep environment consider the following:

- Turn lights off/down
- Reduce sound
- Reduce temperature
- Select supportive bed + pillow
- Wash bedding regularly
- Create clean, clutter-free space

Conclusion: Resources

- White Noise
  - Apps
    - Calm App
  - Sound Machines
  - Podcasts
- Sleep tracker / log
- Eye masks
- Referral to USC OT Faculty Practice
- Further research



SUMMER WORKSHOP SCHEDULE

~~June 30, 2022~~
~~**Sleep Hygiene**~~

July 14, 2022 @ 1pm
Staying Active + Healthy Eating
(in-person)

July 28, 2022 @ 1pm
Home Safety

Questions?

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