

Sleep and Wellness Across the Lifespan

David M. La Fazia, PhD, MSW

School of Social Work

University of Washington

Objectives

- Define what it means to sleep well
- Learn why sleep matters and impact on health
- Understand the basics of healthy sleep
- Review tips for quality sleep

Restoration

What does restoration mean to you?

What do you do to restore yourself, to make yourself feel like you, to give you energy to tackle the day?

Sleeping for Restoration

Restoration and
replenishment of
expended energy

Brain Health and
Physical
Functioning

Sleep

Exercise

Relaxation

Meditation

Pleasure

Stress release

Life balance



How Are You Sleeping?



How Does Your Sleep Compare?

- 1 in 3 U.S. adults gets less than 7 hours of sleep a night
- ~50% often wake unrefreshed

Why Sleep Matters

What Happens Without Enough Sleep?

1. Increased risk of
 - Heart disease
 - Diabetes
 - Depression
2. Increased hunger
3. Impaired decision making skills

What Happens Without Enough Sleep?

- Weakened immune system
- Impaired memory
- Decreased concentration
- Chronic fatigue
- Irritability
- Anxiety
- Weight changes

Healthy Sleep 101

How Much Sleep Do You Need?

Age Groups	Recommended Hours of Sleep per Night
0-3 months	14-17
4-12 months	12-16
1-2 years	11-14
3-5 years	10-13
6-13 years	9-12
14-17 years	8-10
18-60 years	7+
61-64 years	7-9
65+ years	7-8

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What is Sleep?

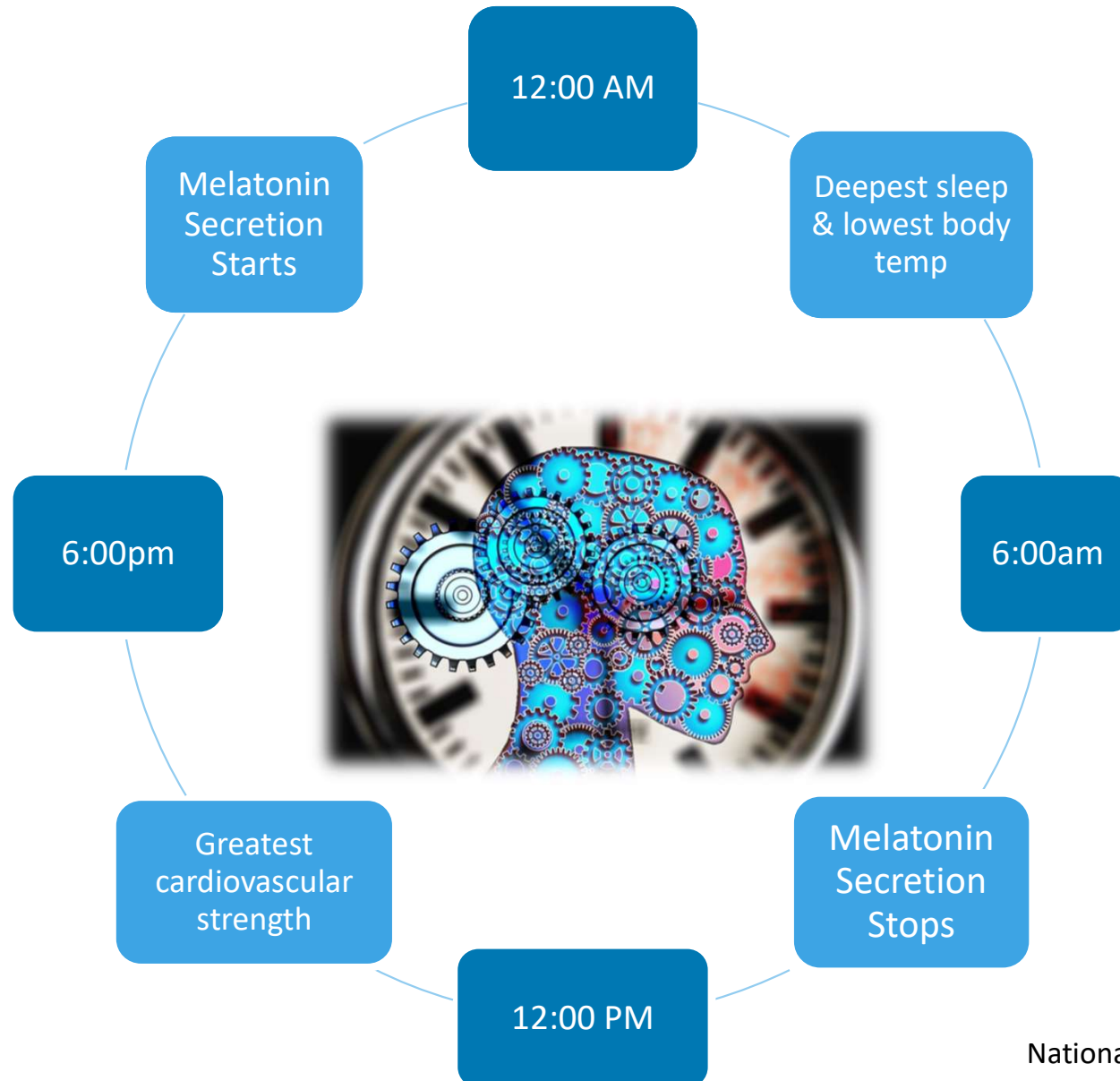
4 Stages of Sleep – Light to Deep

- Stage 1: Light, transition between wake and sleep
- Stage 2: Slightly deeper, greater relaxation
- Stages 3 and 4: Deep sleep, restorative

Rapid Eye Movement (REM)

Cycle throughout the night

Circadian Rhythm



What Happens During Sleep?

- Metabolism slows
- Brain flushes out waste
- Organs and muscles repair themselves
- Growth hormone secreted

Sleep Benefits

- Heart health
- Better concentration
- Improved memory
- Weight maintenance
- Lower risk of depression
- Reduced stress levels
- Improved immune function
- Improved QOL

Common Sleep Issues

- Insomnia
- Sleep Apnea
- Restless Leg Syndrome

What Do Older Adults Say About Their Sleep?

- Time in bed increases
- Number of awakenings increase
- Total sleep time at night decreases
- Time to fall asleep increases (sleep latency)
- More dissatisfaction with sleep
- More tired during the day
- More frequent daytime sleepiness and napping

Why do we have insomnia?

Spielman's 3P Model of Insomnia

- Predisposing Factors – things that are outside of our control, such as genetics.
- Precipitation Factors – things that trigger the beginning of our sleep problems, such as an illness, trauma, or life altering experience.
- Perpetuating Factors – the habits we develop to cope with fatigue and a lack of sleep.

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Nonpharmacological Treatment Options

- Cognitive-behavioral therapies (CBT)
- Light therapy
- Lifestyle/exercise
- Complementary/alternative medicines (eg, acupuncture, herbal, dietary, aromatherapy)

Tips for Better Sleep

Tips for Restful Sleep

Cognitive

Regular
meals

Relaxation

Regular
exercise

Blue light
filters

Sleep
routine

Cognitive

Cognitive Therapy

- Address thoughts and beliefs that interfere with sleep.
- Examine predisposing factors.
- Focus on perpetuating factors for change.

Relaxation

Relaxation for Stress Management

- Journaling
- Aromatherapy
- Drinking herbal tea
- Meditation



Light and Blue Light Filters

Getting Light Right

For optimal sleep...

- Get exposure to daytime bright light
- Turn off electronics 2-3 hours before bed
- If you must use electronics, use a blue-light filter app or function

Regular Meals

Regular Meals for Better Sleep

- Spread nutrients throughout the day
- Eat shortly after waking
- Rely on food, not caffeine, for energy

Eat Right for Better Sleep

- Avoid alcohol, caffeine, and spicy foods
- Spread out hydration
- Incorporate sleep-promoting foods



Regular Exercise

Improve Sleep with Exercise

- May increase sleep quality and decrease daytime sleepiness
- Aim for 150 minutes per week

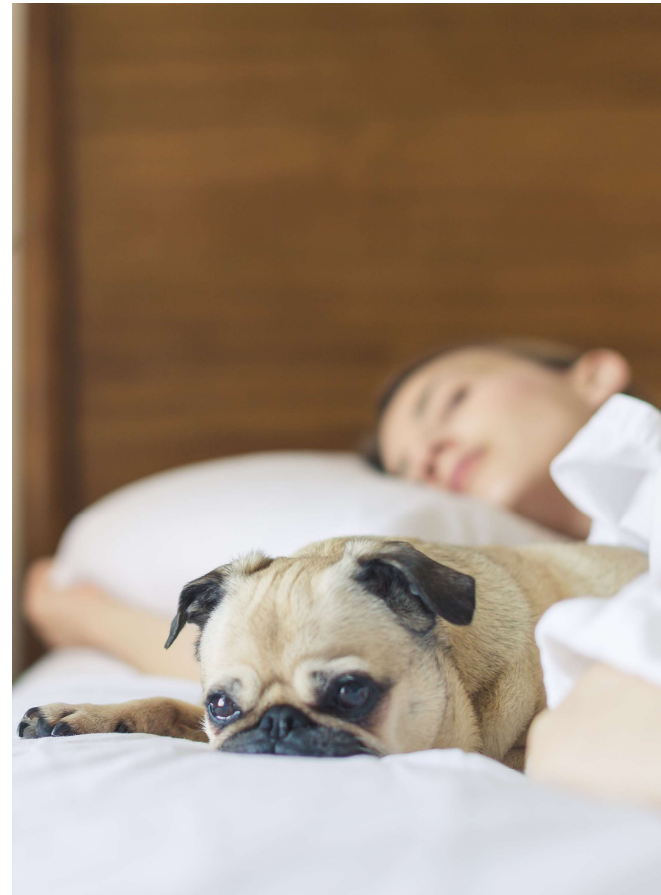
Sleep Routine

Developing a Sleep Routine

- What activities are relaxing for you?
- What amount of sleep makes you feel rested?
- What time would you need to start your routine to make that happen?

Sleep Routine Tips

- Make sleep a priority
- Be consistent
- Set a “turn off time”
- Incorporate relaxation
- Create a restful environment
- Naps



Case Study

78 year old

Scale	Baseline	6-week Post
Sleep latency (minutes)	90	
Wake time after sleep onset – WASO (minutes)	115	
Sleep efficiency (%)	50%	
Total sleep time	4.9	
Pittsburg Sleep Quality Index (PSQI)	17	

Changing Sleep

Walk daily for 30 minutes

Increased activity – i.e., helping with household chores as able

Spend time outdoors or by a window

Establish regular eating habits

Reduce caffeine intake

Darken bedroom at night

No TV or electronic devices in bedroom

Reduce napping

Stabilize bed and rising times

Case Study

Scale	Baseline	6-week Post
Sleep latency (minutes)	90	21
Wake time after sleep onset – WASO (minutes)	115	37
Sleep efficiency (%)	50%	88%
Total sleep time	4.9	7.0
Pittsburg Sleep Quality Index (PSQI)	17	6

What can we do?

- Reduce light at night
- Increase light during the day
- Exercise daily
- No TV/blue light after bedtime
- Avoid caffeine/alcohol
- No naps longer than 30 minutes
- No naps after 1pm
- Reduce fluids at night
- Empty bladder before bed
- Keep regular bed and rising times
- Quiet after bedtime
- Keep pets out of room
- Make the bed comfortable
- Don't let the room get too warm
- Treat pain and other conditions
- Address thoughts about sleep

You Can Do it!

Give it time

Your sleep didn't get worse overnight

It won't get better immediately either

Make a plan and stick to it!



Thank you