



## Sleep

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### What is the Evidence for Sleep and Health Promotion?

#### Itani, et al., 2017. -

- Sleep helps *maintain* health.
- Short sleep was *significantly* associated with mortality, diabetes mellitus, hypertension, cardiovascular diseases, coronary heart diseases, and obesity.

#### Stewart & Arora, 2019. -

- Sleep *decreases* stress and burnout.
- Models describing the relation between burnout and sleep suggest as potential causative mechanisms of sleep disturbances with a chronic depletion of energy stores; or activation of the hypo-thalamic-pituitary-adrenal axis and increasing levels of bodily stress.

#### Hernandez, et al., 2019. -

- Structured napping and biofeedback can *promote* well-being and *decrease* stress.

#### Amin, et al., 2012. -

- Structured napping *supports* alertness and wellness.
- Findings support that brief naps support alertness and may be a useful part of wellness for physicians.

#### Ganesan, et al., 2019. -

- Shift work for healthcare workers has been linked to *disruption* in alertness and *impairment* on cognitive performance due to disruption to sleep and the circadian rhythm.
- Alertness and performance are most *impaired* during night shifts when there is greatest circadian rhythm disruption, and the *impairment* is consistent across night shifts (for example, not just the first night shift).

#### Shriane, et al., 2020. -

- Sleep hygiene patterns of shift workers were studied and better understood in this systemic review.
- Shift workers frequently use caffeine consumption, daytime napping, and altering bedroom environment.
- Shift workers rely more on fatigue management rather than recommended sleep hygiene.



What are the Mechanisms for the Health Effects Sleep?

- Sleep and your Cardiovascular System
- Sleep helps your brain work properly
- Physiological Effects of Sleep Deficiency
- Bi-directional Mechanism of Sleep Disturbances

Sleep Hygiene Self-Assessment

Complete the Sleep Hygiene Self-Assessment and the corresponding reflection questions to consider steps you can take to improve your sleep hygiene and make progress towards improving the quality of your sleep.

Sleep Hygiene Technique	Infrequent to none of the time	About half of the time	Most of the time
<b>Practices to Promote Sleep</b>			
Stick to a sleep schedule with the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.			
Practice a relaxing bedtime ritual, such as drinking tea or using lavender essential oil.			
Exercise daily.			
Consider using blackout curtains, eye shades, ear plugs, or "white noise" machines.			
Evaluate your room. Your bedroom should be cool, free from any noise or lighting that can disturb your sleep.			
Use bright light to help manage your circadian rhythms.			
Wind down. Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading.			
<b>Practices to Avoid</b>			
Avoid alcohol in the evening.			
Avoid eating large meals for two to three hours before bedtime.			
Avoid screen time, a half-hour before bed.			

Source: American Academy of Sleep Medicine, 2020, <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>.



### Sleep Hygiene Debrief:

What areas do you believe would be easiest to make some positive changes to your sleep?

What items are the most important to address?

Is there anything you can do during the day to promote your sleep hygiene?

### References

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