

LIVING
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SLEEP HEALTH 101
WINNING IN YOUR SLEEP

Olapeju Olasokan MD

OBJECTIVES

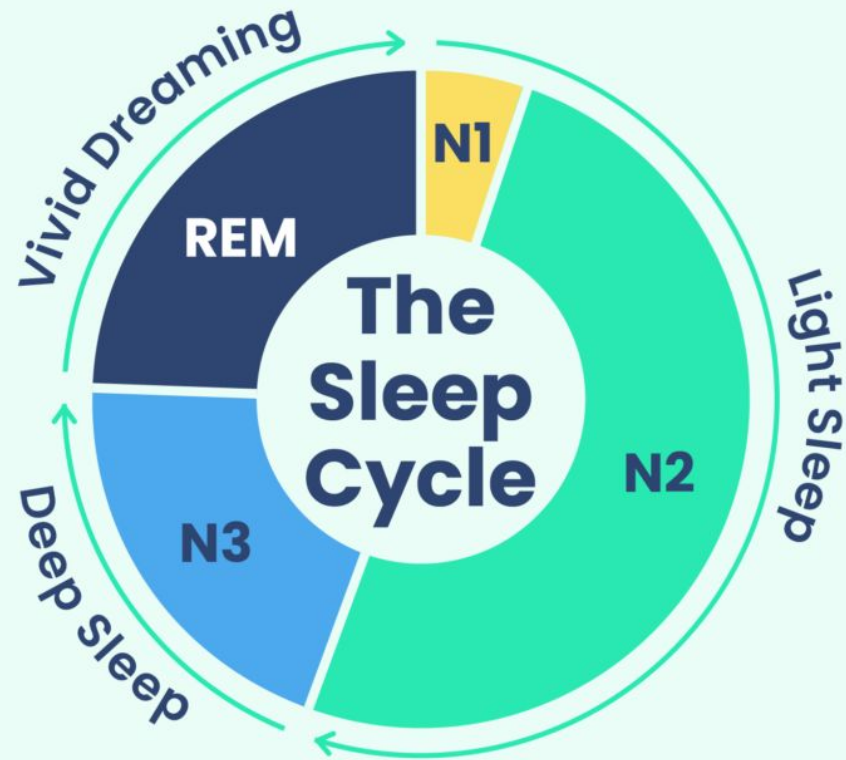
- Define Sleep and its importance to health
- Benefit of good sleep/consequences of poor sleep.
- Sleep/Blood pressure
- Factors affecting sleep.
- Sleep disorder

INTRODUCTION TO SLEEP HEALTH

Sleep health is a multidimensional pattern of sleep-wakefulness, **adapted to individual social and environmental** demands that promotes physical and mental wellbeing. Good sleep health is characterized by **subjective satisfaction, appropriate timing, adequate duration, high efficiency** and **sustained alertness during waking hours.**

THE SCIENCE OF SLEEP

- **Stages of Sleep**
 - REM Sleep
 - Non-REM Sleep (N1, N2, N3)
- **Sleep Cycle Duration**
- Importance of each stage



BENEFITS OF GOOD SLEEP

- **Physical Health**
 - Immune function
 - **Weight management**
 - **Cardiovascular Health**
 - **Muscle repair and growth**
- **Mental Health**
 - **Mood regulation**
 - **Cognitive function**
- **Performance**
 - **Productivity**
 - **Reaction times**

BENEFITS OF GOOD SLEEP

4. Memory and Learning

- **Memory Consolidation:**
- **Creativity**

5. Stress Reduction

- **Lower Stress Levels**

6. Overall Quality of Life

- **Better Relationships**
- **Longer Lifespan:**

SLEEP & YOUR BLOOD PRESSURE

- How long you sleep can affect your risk of high blood pressure
- Sleeping less than 7 hours can increase your risk of high blood pressure by 7%.
- Less than 5 hours of sleep increase the risk of 11%.
- Association was stronger in women than men
- It is wrong to think you can catch up on sleep. A regular sleep is important for your circadian rhythm

CONSEQUENCE OF POOR SLEEP

- Short-term Effects
 - Fatigue
 - Impaired concentration
- Long-term Effects
 - Chronic health conditions (e.g., heart disease, diabetes)
 - Mental health issues (e.g., anxiety, depression)

FACTORS AFFECTING SLEEP

- **Lifestyle Factors**
 - Diet
 - Exercise
 - Screen time
- **Environmental Factors**
 - Noise
 - Light exposure
 - Sleep environment

SLEEP DISORDERS

- **Common Sleep Disorders**
 - **Insomnia**
 - **Sleep Apnea**
 - **Restless Leg Syndrome**
- **Signs and symptoms**

TIPS FOR BETTER SLEEP HYGEINE

- **Establish a Sleep Schedule**
- **Create a Relaxing Bedtime Routine**
- **Optimize Your Sleep Environment**
- **Limit Stimulants (caffeine, nicotine)**
- **Recommendations for Healthy Tech Use Before Bed**

SLEEP AND YOUR REPRODUCTIVE HEALTH

- **Men who sleep 5 hours a night have significantly smaller testicles than those who sleep 7 hours or more.**
- **Men who routinely sleep 4-5 hours a night will have a level of testosterone of someone 10 years aof more**
- **A lack of sleep will age a man of about 10 years**
- **In female, similar findings.**

SLEEP AND YOUR CHILDREN

- No ability to absorb new memory without sleep.
- 40% deficit in ability to make new memory without sleep

TIPS

- Relaxing bed time routine – hot water, add Epsom salt, essential oil like lavender
- Do not use a digital device no news journal read a book. No to do list on the bed. Don't bring your worries into the bed
- Make the bedroom completely dark light interferes with melatonin production . Hypothalamus control sleep cycle don't confuse it
- Be sure your room temperature adjustment in temp between 60-65 fahrenheit if not consider
- Consider ambient noise white noise machine. Most relax.
- If no improvement in sleep consider supplementation

CONCLUSION

- Recap of the importance of sleep health
- Encouragement to prioritize sleep for better overall health
- Call to action: Make small changes to improve sleep quality

QUESTIONS & DISCUSSION



SLEEP COACHING WITH LE

Session 1: Initial Sleep
Assessment and Goal
Setting +

Session 3: Sleep
Environment and
Stimulus Control +

Session 5: Stress
Management and
Relaxation Techniques +

Session 2: Sleep
Hygiene and Routine +

Session 4: Sleep and
Technology +

Session 6: Progress
Evaluation &
Maintenance Planning +

SLEEP COACHING WITH LE

PROGRAM OVERVIEW

12-week program

Bi-weekly coaching sessions (6 sessions total)

Personalized sleep plan and goals

Education and support for improving sleep health

ADDITIONAL PROGRAM COMPONENTS

Sleep tracking and monitoring

Educational resources and handouts

Email support and accountability

Optional group coaching sessions

PROGRAM GOALS

Improve sleep quality and duration

Establish consistent sleep schedules and routines

Reduce sleep disruptions and disturbances

Enhance overall well-being and quality of life

POST PRESENTATION FEEDBACK



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