

# The Power of ZZZs: Tips for a restorative night

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# Agenda

- Mechanics of sleep
- Importance of sleep
- Sleep habits
- Consequences of sleep deprivation
- Sleep hygiene recommendations



# Mechanisms of sleep



# Well-being and sleep



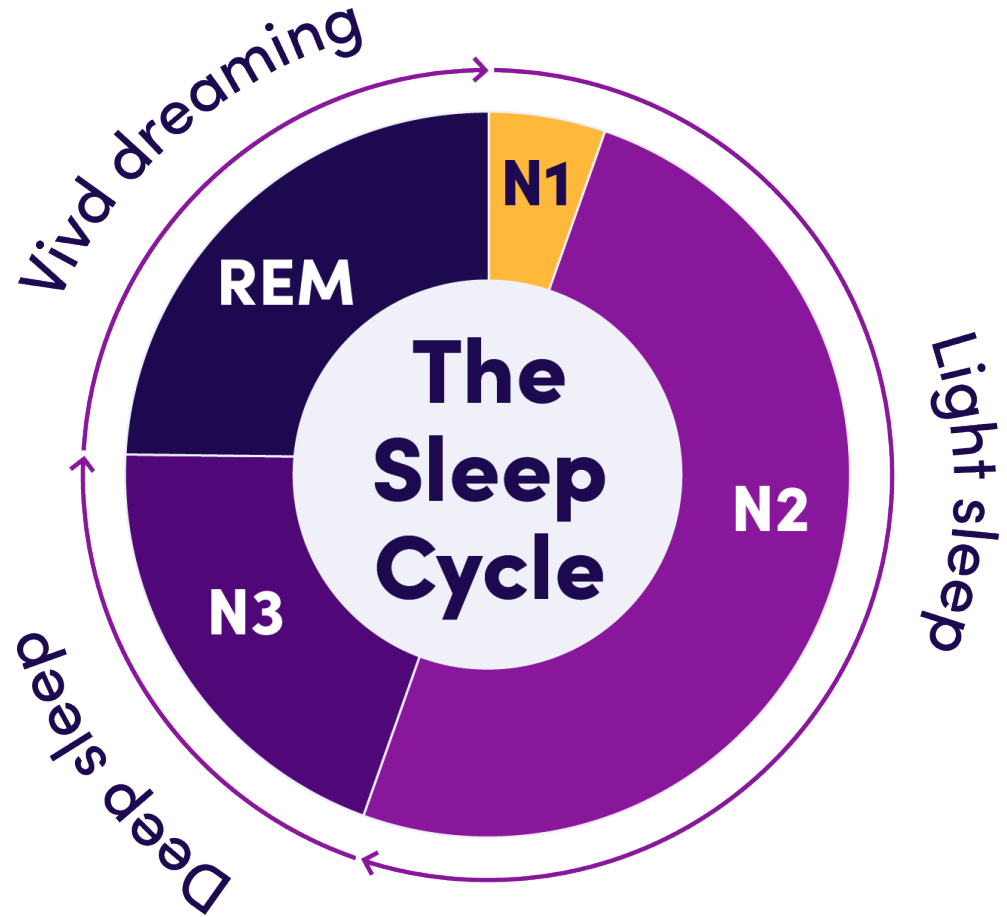


# What happens during sleep

- Decreased activity in:
  - heart rate
  - respiration
  - muscle tension
  - brain activity changes

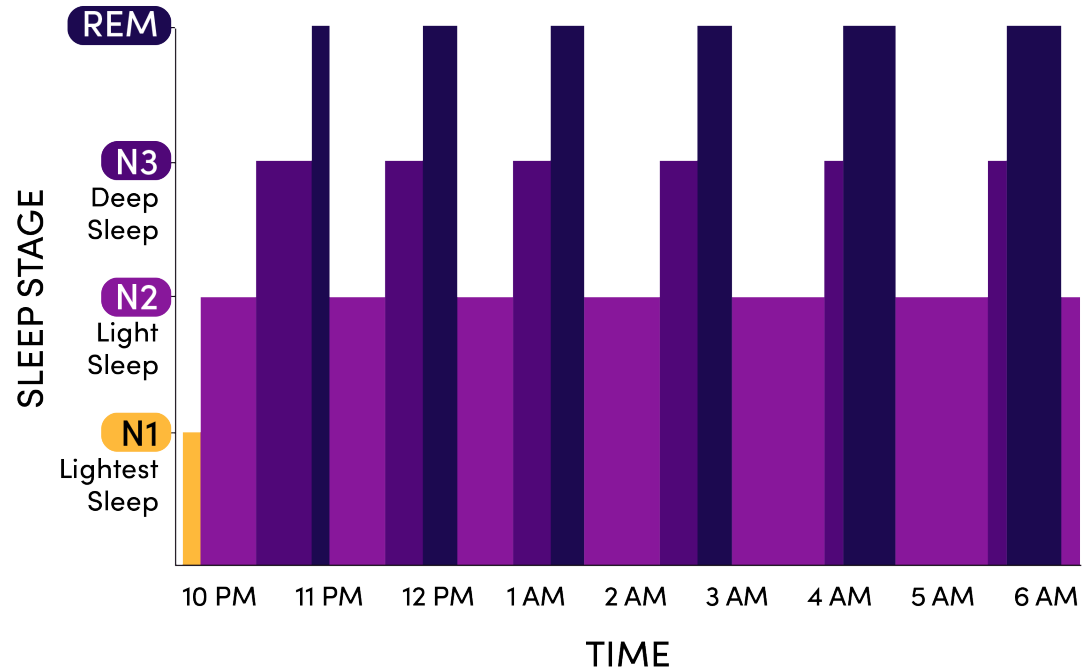
Source: [National Sleep Foundation](#)

# The sleep cycle



# Stages of sleep timeline

## Sleep cycles throughout the night





# How the body regulates sleep

- Sleep-wake homeostasis
- Circadian rhythms
- External factors
- Chemicals and hormones
  - Adenosine
  - Serotonin
  - Melatonin



# Importance of sleep

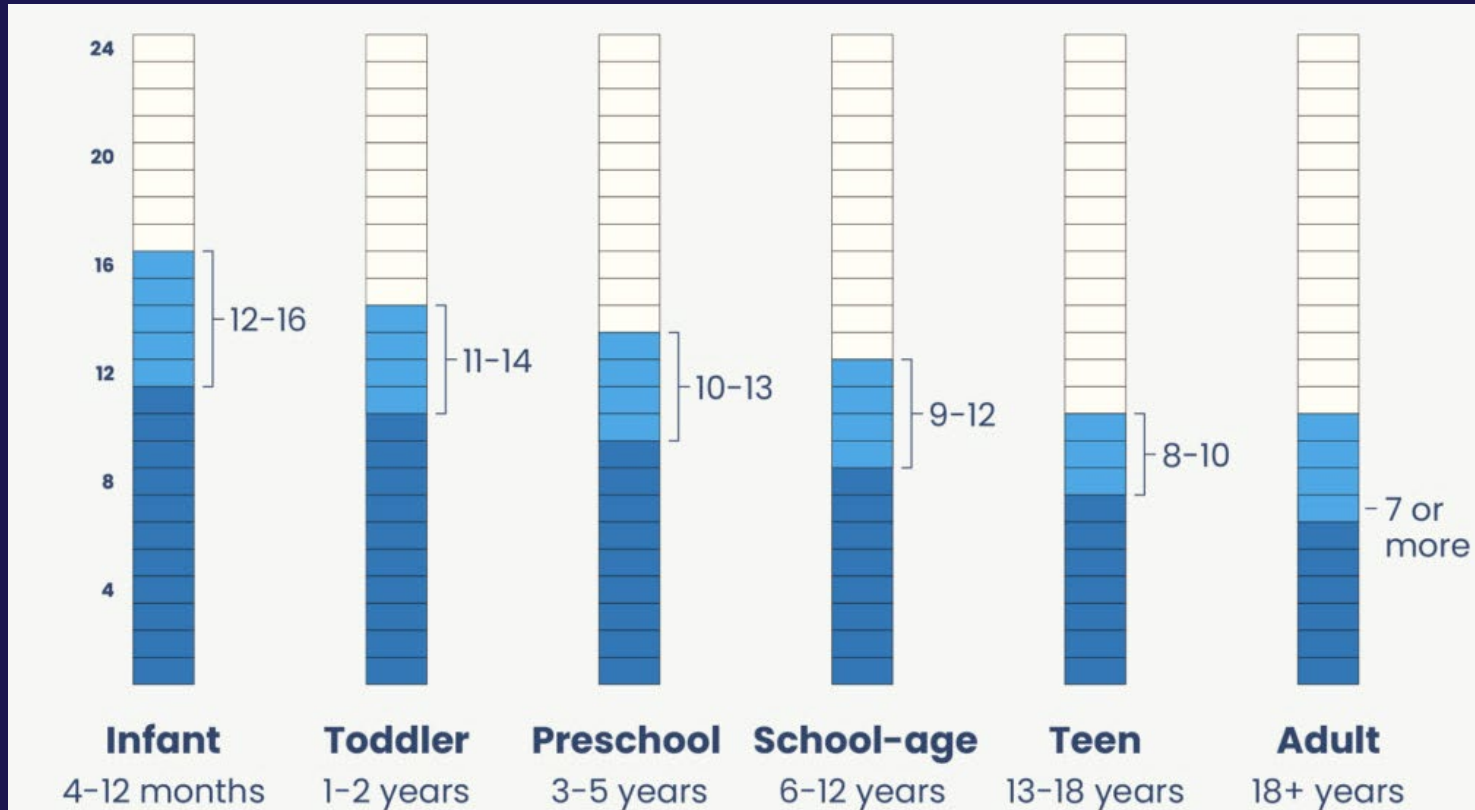


# How many hours of sleep do you get per night?

- a) Less than 5 hours
- b) 6 hours
- c) 7-8 hours
- d) 9-10 hours
- e) More than 10 hours



# Sleep recommendations



Source: [National Sleep Foundation](#)



# How we are sleeping

- Over 1/3 of U.S. adults report sleeping less than 7 hours a night
- 48% of workers say they are regularly tired during the day
- 81% of U.S. adults report napping 10 minutes or longer in the past 3 months
  - 7% nap daily
  - The average nap is 1 hour

Source: [National Sleep Foundation](#)

# Sleep and health



# Sleep and physical health

- Obesity
- Diabetes
- Cardiovascular disease
- Hormone levels
- Dental health

**Sources:** Centers for Disease Control and Prevention  
National Sleep Foundation



# Sleep and mental health

- Short-term
  - Excessive sleepiness
  - Decreased attention
  - Decreased emotional control
  - Impaired judgement
- Long-term
  - Impaired memory
  - Increased Alzheimer's risk

**Sources:** [Centers for Disease Control and Prevention](#)

[National Sleep Foundation](#)







# Sleep deprivation

- Causes
- Symptoms
  - Daytime fatigue
  - Lack of concentration
  - Poor decision making
  - Mood changes
- Consequences

Source: [National Sleep Foundation](#)



# Snoring vs. sleep apnea

- Snoring
  - Causes
- Sleep apnea
  - Breathing disorder
- Treatments
  - Talk to your doctor
  - Lifestyle changes
  - Mouthguards
  - Positive airway pressure devices

**Sources:** [National Sleep Foundation](#)

[Centers for Disease Control and Prevention](#)

# Sleep study resources

- Talk to your physician
- Sleep study test options
  - Home tests versus in-lab tests
  - Learn more at [www.sleepfoundation.org/sleep-studies](http://www.sleepfoundation.org/sleep-studies)

# Sleep hygiene



# Sleep hygiene: Daily schedule

- Set wake time
- Prioritize sleep
- Adjust gradually
- Short naps



# Sleep hygiene: bedtime schedule

- Be consistent
- Wind down
- Dim the lights
- Unplug from electronics
- Relaxation methods



# Mindfulness exercise

- **Get comfortable** in a chair and slowly count from one to three. Close your eyes and focus on your breathing.
- **Inhale** for a count of three.
- **Exhale** slowly for a count of five and concentrate on a restful feeling of calmness.
- Do this for about 30 seconds to a minute.
- Count backwards from three to one and open your eyes.

# Sleep hygiene: bedroom environment

- Mattress and pillow
- Quality bedding
- Block light
- Eliminate noise
- Essential oils





# Sleep hygiene: daily habits

- Daylight
- Physical activity
- Tobacco use
- Alcohol use
- Caffeine
- Eating routine

**Source:** [National Sleep Foundation](#)





# Sleep hygiene: set your goal

- Take one sleep hygiene step
- Set aside a few minutes each day to pause
- Set an alarm to remind you to take breaks
- See how exercise and activity affect your energy

Source: [National Sleep Foundation](#)



# Polling question

Have you used a sleep app?

- a) Yes
- b) No



# Sleep apps



Calm



Headspace



Sleep Cycle



Sleep Reset



Stellar Sleep

# Wrap-up

- Mechanics of sleep
- Importance of sleep
- Sleep habits
- Consequences of sleep deprivation
- Sleep hygiene recommendations



# GEHA member resources

- Elevate and Elevate Plus plans
  - Rally digital health platform
  - Learn more at [geha.com/WellnessPays](https://geha.com/WellnessPays)
- High, Standard, and HDHP plans
  - GEHA Well-being portal
  - Learn more at [geha.com/HealthRewards](https://geha.com/HealthRewards)
- All GEHA plans
  - Healthy recipes and health and wellness articles
  - Learn more at [geha.com/geha-blog](https://geha.com/geha-blog)
- GEHA website for benefit information [geha.com](https://geha.com)

# Q&A

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Q&A chat will go on through 1 p.m. Eastern time

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