



# Got Sleep?



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[WWW.NMCPHC.MED.NAVY.MIL/HEALTHY\\_LIVING/](http://WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/)

# Why Sleep?

- **Early to bed, early to rise, makes a man healthy, wealthy and wise.**
  - Benjamin Franklin
- **A good laugh and a long sleep are the best cures in the doctor's book.**
  - Irish Proverb
- **The worst thing in the world is to try to sleep and not to.**
  - F. Scott Fitzgerald



# Myths

- People can get by on little sleep.
- It is best to stay awake all night rather than to rest and take a nap.
- I can catch up on sleep over the weekend.
- Working out before going to bed helps you rest.
- Naps don't work for adults.



# Sleep Information

- Estimated 50-70 million adults have chronic sleep and wakefulness disorders.
- 25% of adults report insufficient sleep at least 15 out of every 30 days.
- 31.4% of high school students reported getting enough sleep on a school night.
- Fatigue and sleepiness affect work performance and productivity.



# How Much Sleep Do I Need?

NEWBORNS	
(0-2 months)	12-18 hours
INFANTS	
(3-11 months)	14-15 hours
TODDLERS	
(1-3 years)	12-14 hours
PRESCHOOLERS	
(3-5 years)	11-13 hours
SCHOOL-AGE CHILDREN	
(5-10 years)	10-11 hours
TEENS	
(10-17)	8.5-9.25 hours
ADULTS	
	7-9 hours
(Taken from the National Sleep Foundation Web site.)	



# Sleep Cycle

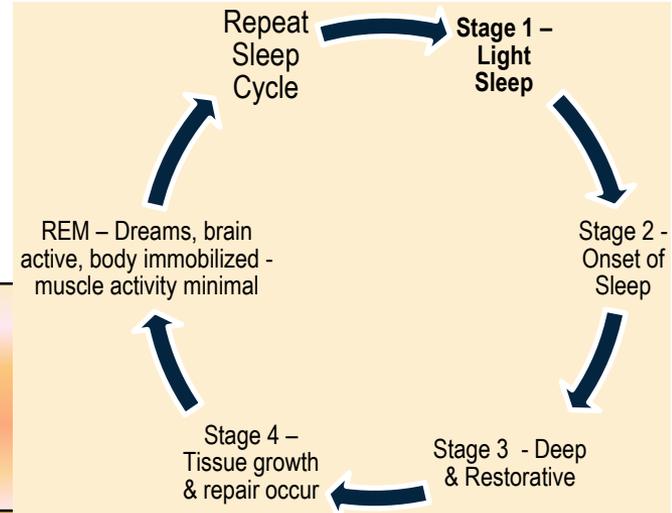
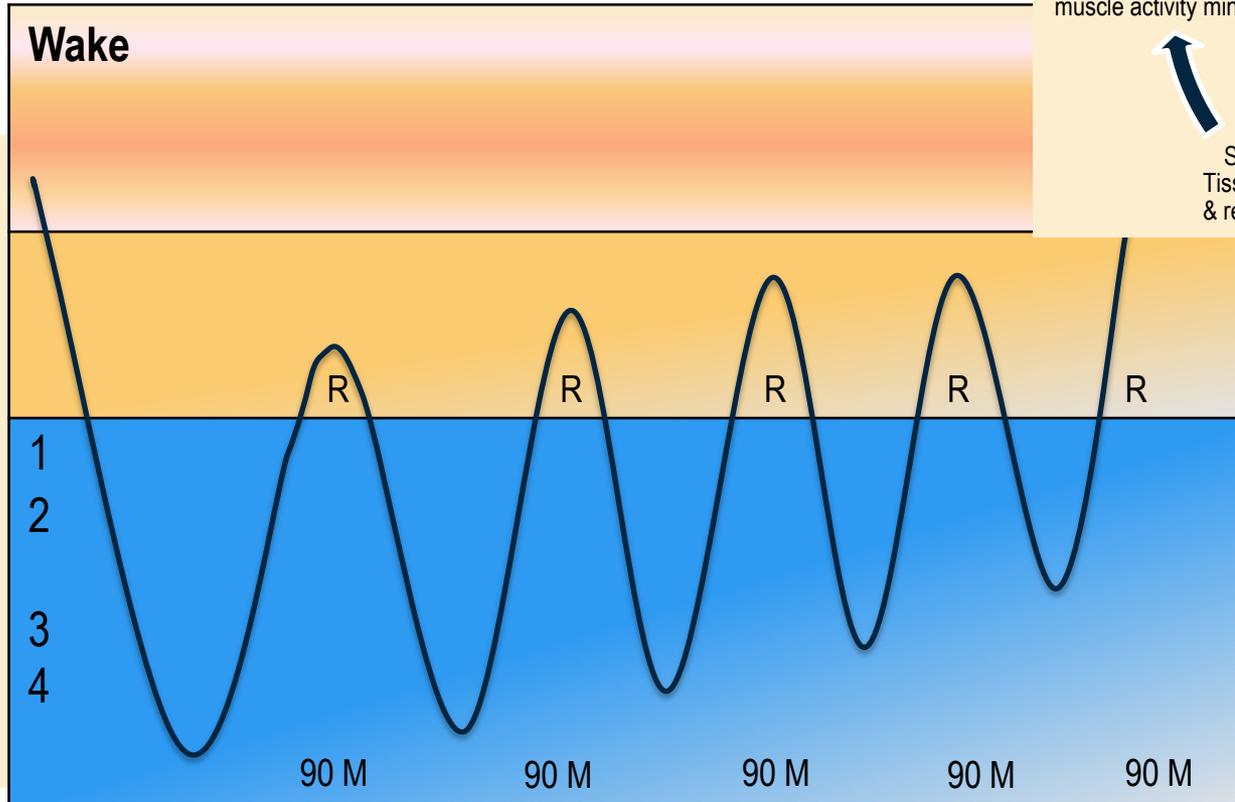
Sleep Stages:

NREM

Light Sleep

Onset of Sleep

Deep Sleep



# Scope Of Sleep Problems

Age (years)	Unintentionally fell asleep during day at least once in the past month	Nodded off or fell asleep while driving in the past month
18 to <25	43.7%	4.5%
25 to <35	36.1%	7.2%
35 to <45	34.0%	5.7%
45 to <55	35.3%	3.9%
55 to <65	36.5%	3.1%
≥65	44.6%	2.0%
<b>Race/Ethnicity</b>		
White non-Hispanic	33.4%	3.2%
Black non-Hispanic	52.4%	6.5%
Hispanic	41.9%	6.3%
Other non-Hispanic	41.0%	7.2%
<b>Sex</b>		
Male	38.4%	5.8%
Female	37.3%	3.5%

Behavioral Risk Factor Surveillance System 2009.



# DoD Survey Health Related Behaviors

## Average Sleep

- 7-8 Hours – 40.9%
- 5-6 Hours – 43.5%
- < 4 Hours – 11.4%



# Fleet and Marine Corps Health Risk Assessment

## Insufficient Sleep

- **35%** 2012
- **34%** 2010-2011
- **34%** 2009-2010
- **31%** 2008-2009
- **33%** 2007-2008



# Contributors to Poor Sleep

- **Technology**
  - TV, Videogames, Computers, Mobile Phones
- **Environment**
  - Temperature, Noise, Activity, Mattress
- **Work Schedule**
  - Shift Work, Duty Hours
- **Worries**
  - Finances, Issues
- **Health Problems and Sleep Disorders**



# Effects of Poor Sleep

- **Mishaps**
  - Aviation, motor vehicles, accidents
- **Work Performance**
  - Error rate increases
- **Mental Health**
  - Irritability
- **Quality of Life**
  - Increased fatigue
  - Decreased response time
  - Lowered immune function



*Photo Credit: CDC, M. Reite, J. Ruddy, and K. Nagel*



# How are Sleep Disorders Characterized?

- **Difficulty getting to sleep or awakening from sleep**
- **Abnormal body movement**
- **Sleep disordered breathing**



# Signs and Symptoms of a Sleep Disorder

- It takes longer than 30 minutes to fall asleep at night
- Your bed partner claims you snore loudly, snort, gasp, make choking sounds, or your breathing stops while you sleep
- You awaken earlier in the morning than planned
- You often don't feel well rested upon waking from sleep
- Throughout the day you are fatigued
- Daytime sleepiness



# More Signs and Symptoms of Sleep Disorder

- **Creeping, tingling or crawling feelings in your legs that are relieved by moving or massaging them**
- **Vivid dream like experiences when falling asleep or dozing**
- **Episodes of sudden muscle weakness when angry, fearful or when you laugh**
- **Unable to move upon awakening**
- **Bed partner notes that legs or arms jerk often during sleep**
- **Need to use stimulants regularly to stay awake during the day**



# Common Sleep Disorders

- **Insomnia**
- **Sleep apnea**
- **Restless Leg Syndrome (RLS)**
- **Narcolepsy**
- **Parasomnias**



# What is Insomnia?

- **Insomnia is defined as the inability to fall asleep or stay asleep, or having a feeling of un-refreshed sleep despite having had the opportunity to get a full night's sleep.**
- **Chronic insomnia is defined as having symptoms at least 3 nights per week for more than 1 month.**



<http://www.sleepeducation.com/sleep-disorders/insomnia/symptoms-causes>



# Causes of Insomnia

- Environmental factors
- Stress
- Other sleep disorders
- Medical conditions
- Mental health disorders
- Habits or lifestyles
- Substance abuse or misuse



# Insomnia - Treatment

- Various prescription or over-the-counter medications can help with sleep maintenance
- A board certified sleep medicine physician may prescribe medication to treat insomnia



<http://www.sleepeducation.com/sleep-disorders/insomnia/symptoms-causes>



# What is Sleep Apnea?

- Sleep apnea is a disorder in which breathing is briefly and repeatedly interrupted
- Occurs when the upper airway is blocked by soft tissue in the back of the throat
- It is estimated that 22 million Americans suffer from sleep apnea, with 80 percent of moderate and severe obstructive sleep apnea (OSA) undiagnosed
- OSA, when left untreated can lead to the following:
  - High blood pressure
  - Chronic heart failure
  - Atrial fibrillation
  - Stroke and cardiovascular problems
  - Associated with type 2 diabetes
  - Depression

<http://www.sleepapnea.org/i-am-a-health-care-professional.html>



# Risk Factors for Sleep Apnea

- **Excess weight**
  - An adult whose BMI is 25 or higher is considered to be overweight.
- **Hereditary**
- **Larger neck size (> 16 inches for women, >17 inches for men)**
  - Fatty tissue in the neck can block the airway
- **Smoking**
- **Older age (40+ for men, 50+ for women)**
  - Especially people older than 60
- **Gender (Men)**
- **Hypertension**



# Sleep Apnea Symptoms

- **The symptoms of sleep apnea include:**
  - **Loud / frequent snoring**
  - **Choking or gasping**
  - **Pauses in breathing**
  - **Insomnia**
  - **Excessive daytime sleepiness**
  - **Difficulty concentrating**
  - **Headaches**



# Tips to Help Reduce Apnea Symptoms

- **Weight loss**
- **Lying on side**
- **Quit smoking**
- **Avoid alcohol use**
- **Avoid sedatives and muscle relaxants**



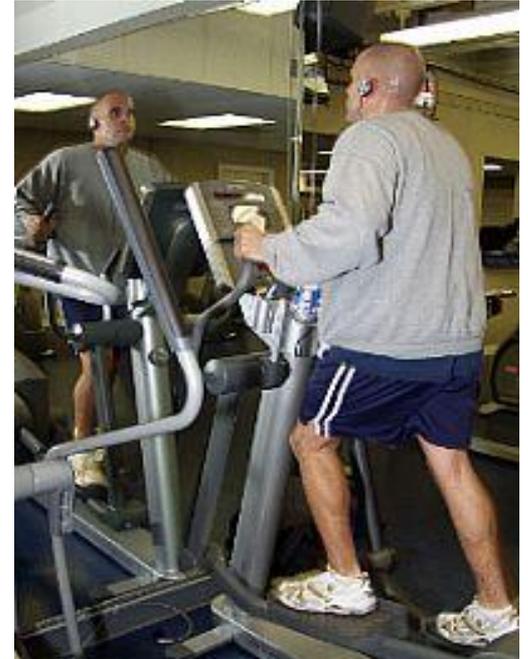
# Restless Leg Syndrome (RLS)

- **Restless Leg Syndrome (RLS) is a sensorimotor condition that can interfere with sleep or can occur at rest.**
  - **Symptoms are manifested by:**
    - **Prickling or tingling in the legs**
    - **Relieved with movement of the extremity**



# Tips to help cope with RLS

- **Milder cases of RLS may be treated with behavioral strategies such as:**
  - **Physical activity**
  - **Massage**
  - **Avoiding caffeine and alcohol**



# Narcolepsy

- **Narcolepsy is a chronic disorder of the central nervous system characterized by the brain's inability to control sleep-wake cycles**
  - **Symptoms include:**
    - **Excessive daytime sleepiness (EDS)**
    - **Cataplexy**
    - **Sleep paralysis**
    - **Hallucinations**
    - **Disrupted nocturnal sleep**

[http://www.ninds.nih.gov/disorders/narcolepsy/detail\\_narcolepsy.htm](http://www.ninds.nih.gov/disorders/narcolepsy/detail_narcolepsy.htm)



# What are Parasomnias?

- **Sleep disorders that result in:**
  - **Confusional arousals (a mixed state of being both asleep and awake)**
  - **Sleep talking**
  - **Sleep walking**
  - **Night terrors**
  - **Sleep paralysis**
  - **REM sleep behavior disorder (acting out dreams)**



# Chronic Disease Related to Sleep Disorders

- Individuals who experience ongoing sleep disturbances are at an increased risk for chronic diseases/conditions such as:
  - Diabetes
  - Obesity
  - Cardiovascular disease
  - Depression

[www.sleepfoundation.org](http://www.sleepfoundation.org)



# Sleep Hygiene

- **Some simple tips to help you get a good night sleep:**
  - **Minimize noise and light**
  - **Maintain regular sleep and wake hours**
  - **Foster a comfortable sleep environment**
  - **Limit caffeine four to six hours before you plan to sleep**
  - **Limit use of technology with screen light at least 15 to 30 minutes before sleeping**



# Coping Strategies for a Good Night Sleep

- **Keep a sleep diary to identify your sleep habits and patterns**
- **Exercise earlier in the day leads to a good night of sleep**
- **Don't spend hours in bed trying to fall asleep**
  - **Try a quiet activity: write, stretch, read**
- **Learn a relaxation technique and practice it in bed or before bed**
  - **Yoga, Deep Breathing, Guided Imagery, Progressive Muscle Relaxation**



# Resources

- **After Deployment**  
Website: <http://www.afterdeployment.org/>
- **American Academy of Sleep Medicine (AASM)**  
Web site: [www.aasmnet.org](http://www.aasmnet.org)
- **American Sleep Apnea Association**  
Web site: [www.sleepapnea.org](http://www.sleepapnea.org)
- **CDC**  
Website: [http://www.cdc.gov/sleep/about\\_sleep/index.htm](http://www.cdc.gov/sleep/about_sleep/index.htm)
- **Cleveland Clinic**  
Website: [http://my.clevelandclinic.org/disorders/sleep\\_Disorders/hic\\_Tips\\_for\\_a\\_Good\\_Nights\\_Sleep.aspx](http://my.clevelandclinic.org/disorders/sleep_Disorders/hic_Tips_for_a_Good_Nights_Sleep.aspx)
- **Narcolepsy Network**  
Web site: [www.narcolepsynetwork.org](http://www.narcolepsynetwork.org)
- **National Institute of Neurological Disorders and Stroke**  
Web site: [http://www.ninds.nih.gov/disorders/narcolepsy/detail\\_narcolepsy.htm](http://www.ninds.nih.gov/disorders/narcolepsy/detail_narcolepsy.htm)



# Resources (Continued)

- **National Sleep Foundation**  
Web site: [www.sleepfoundation.org](http://www.sleepfoundation.org)
- **Naval Safety Center**  
Website: <http://safetycenter.navy.mil/>
- **NIH Website:** <http://www.nhlbi.nih.gov/health/public/sleep/index.htm>
- **NMCPHC Website:** <http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/Pages/sleep.aspx>
- **Restless Leg Syndrome Foundation Web site:** [www.rls.org](http://www.rls.org)
- **Sleep Disorders Med Line Plus Website:** <http://www.nlm.nih.gov/medlineplus/sleepdisorders.html>

