



# Rest Assured: Tips for Getting a Better Night's Sleep

# Objectives

- National statistics on sleep
- Types of sleep
- Effects of sleep deprivation
- Recommendations for a good night's sleep
- *Take Charge! Live Well!* resources for better sleep

# The Nation's Sleep



31% increase in adults that report sleeping an average of  $\leq 6$  hours of sleep per day since 1985

- Data from CDC report



Drowsy driving responsible for 1,550 fatalities and 40,000 nonfatal injuries annually in the U.S.

- National Department of Transportation

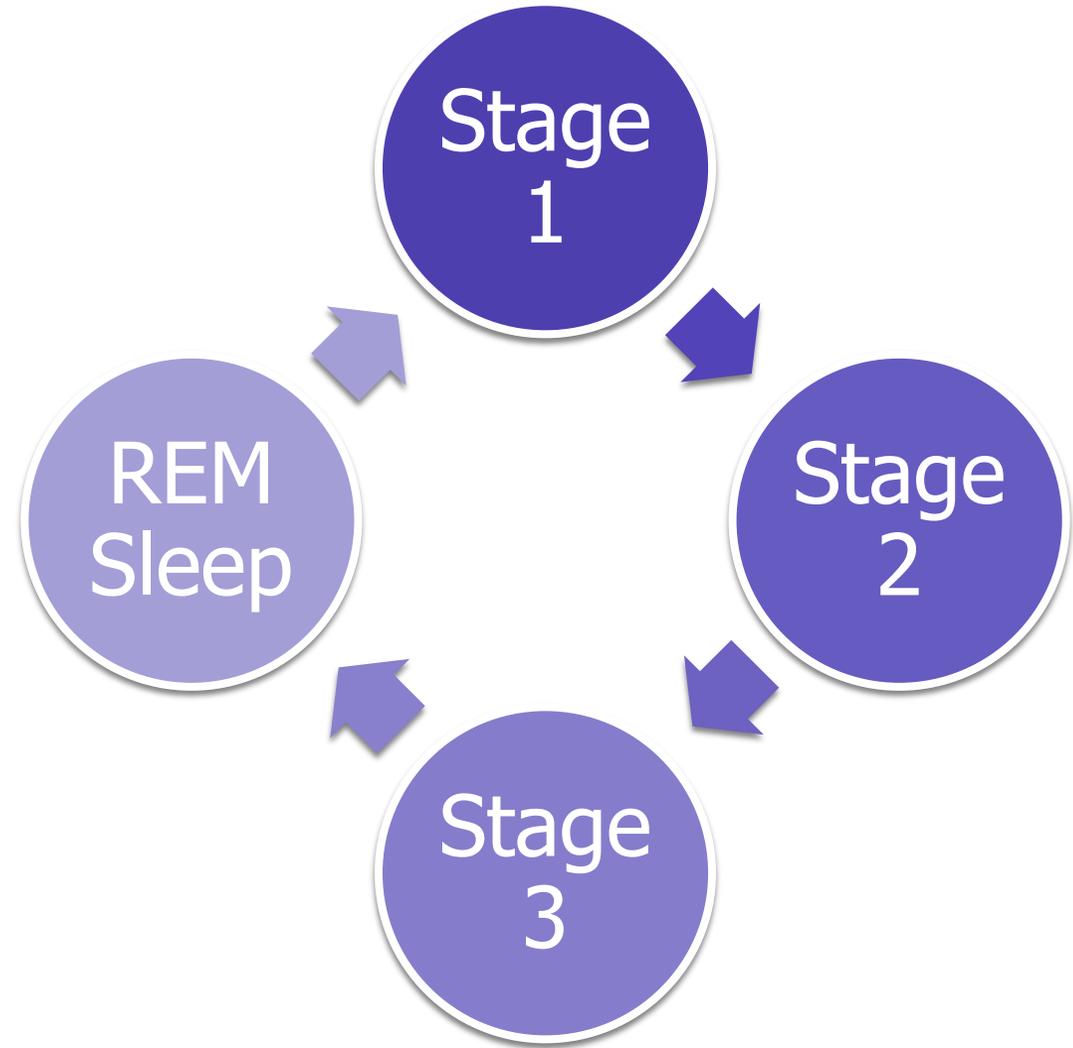


Chronic sleep loss or sleep disorders may affect as many as 70 million Americans

- May result in an annual cost of \$16 billion in healthcare expenses
- May result in an annual cost of \$50 billion lost in productivity

# Basic Types of Sleep

1. REM sleep (Rapid Eye Movement sleep)
2. Non-REM sleep



# Effects Sleep has on the Mind and Body

Learning and  
creating  
memories and  
new insights

Focus and  
responsiveness

Mood

Infections

Obesity,  
Diabetes,  
Cardiovascular  
Disease

# Magic Number

## How Much Sleep Do You Need?

Age	Recommended Amount of Sleep
Newborns	14-17 hours a day
Preschool-aged children	10-13 hours a day
6-12 years	9-12 hours a day
13-18 years	8-10 hours a day
Adults (including the elderly)	7-8 hours a day

Source: CDC; National Heart, Lung, and Blood Institute

# Sleep Deprivation

## Consequences of too little sleep

Impaired memory & thought processes

Increased risk of depression

Decreased immune response

Fatigue

Increased feelings of pain

Magnifies effects of alcohol

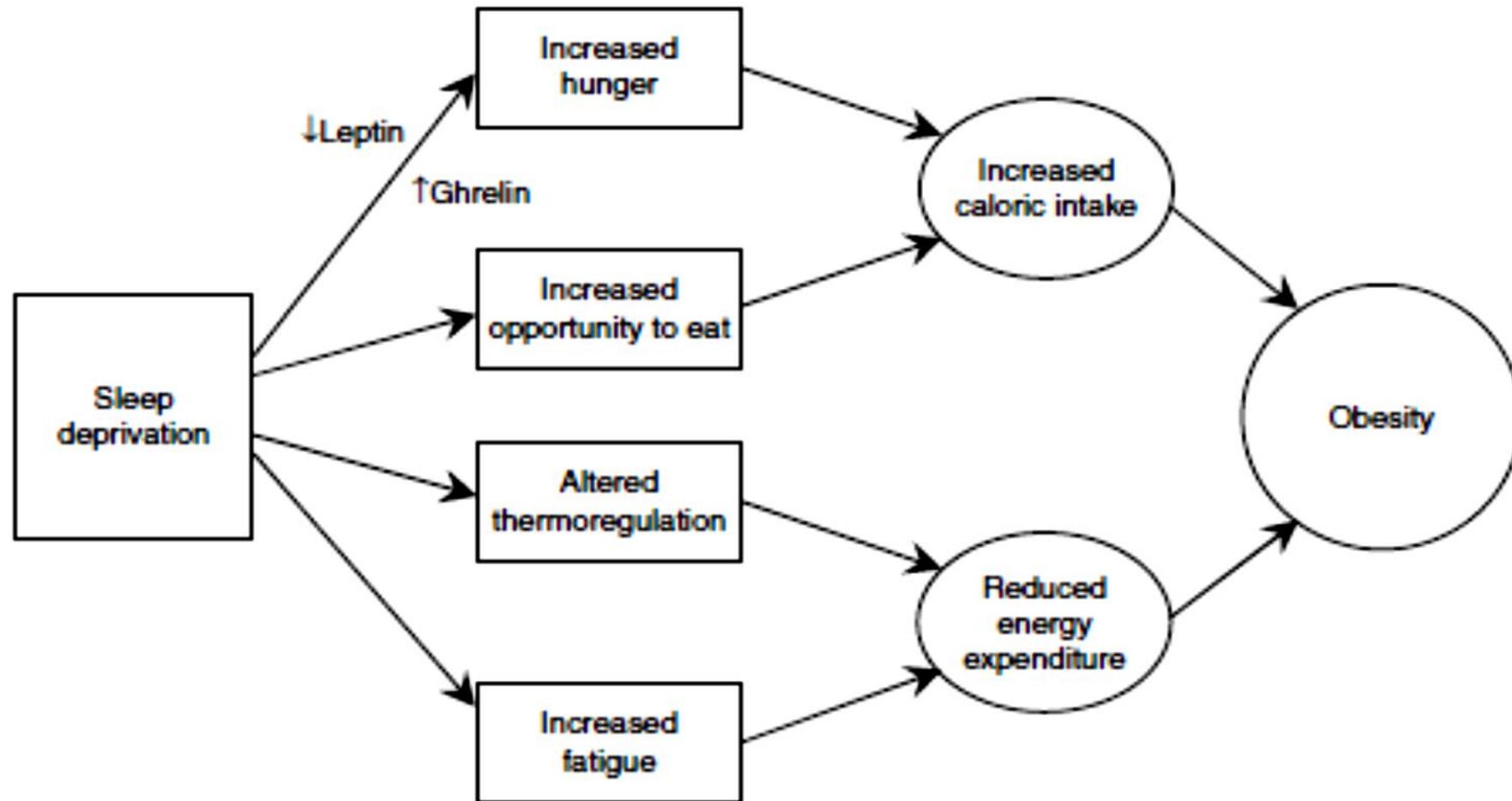
Decreased physical activity levels

Increased caloric intake

Increased risk of excess weight, obesity, and other chronic conditions

# Effects of Sleep on Physical Activity, Diet, & Obesity

Possible mechanisms that decreased sleep has on increasing obesity



# General Exercise Recommendations

At Least **30** minutes of moderate-intensity aerobic activity at least **5** days per week, for a... total of **150** minutes

OR

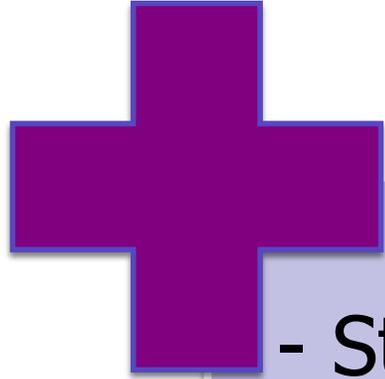
At Least **25** minutes of vigorous aerobic activity at least **3** days per week, for a... total of **75** minutes

Or, a combination of the two **AND**

Moderate, to **HIGH INTENSITY** Muscle-strengthening activity at least **2** days Per week for additional health benefits

Source: American Heart Association  
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# Suggestions for a Good Night



- Stick to a consistent schedule
  - Wind down
  - Exercise
  - Evaluate your room, mattress, and pillows
- Avoid naps
  - Avoid alcohol, cigarettes, and heavy meals in the evening
  - Don't consume caffeine late in the day
  - Reduce stress



# Good Sleep Habits

- Limit screen time before bed
- Build a regular bedtime routine
- Set good examples



# What to Do?

## If your sleep problems persist...

1. Set an appointment
2. Write it down



# Common Sleep Disorders

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Approx. 70 million Americans suffer from chronic sleep problems!



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## Insomnia

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## Narcolepsy

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## Restless Leg Syndrome (RLS)

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## Sleep Apnea

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# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2**

# Well-Being Connect

Begin at [ohio.gov/tclw](http://ohio.gov/tclw) and select “Well-Being Connect”

The screenshot shows the Well-Being Connect website interface. At the top, there is a navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. Below the navigation bar is a large teal banner with the text "welcome" and "FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE." Below the banner, there are three main sections: PERSONAL GOALS, GROUP CHALLENGES, and LIBRARY. Each section has an icon, a title, a brief description, and a button. Below these sections is a section titled "Products Designed For You" with three product cards: FINANCIAL WELL-BEING, QUITNET, and Take Charge! Live Well!

**PERSONAL GOALS**  
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.  
[PICK YOUR GOALS](#)

**GROUP CHALLENGES**  
Improving your well-being is more fun when you do it with others. A touch of spirited sparring makes it even better.  
[FIND A CHALLENGE](#)

**LIBRARY**  
Find great and healthy ideas for dinner tonight (and the rest of the year). You can also check out articles and videos about the topics that interest you.  
[VISIT OUR LIBRARY](#)

**Products Designed For You**

- FINANCIAL WELL-BEING**  
Powered by DAVE RAMSEY  
Help your finances!
- QUITNET**  
Want to quit tobacco? Get phone coaching, online support and tobacco cessation medication from QuitNet.
- Take Charge! Live Well!**  
Find out more information on coaching, biometric screenings, diabetes management, 24/7 NurseLine and other programs.

# Resources

- Exercise video catalog:
  - [exrx.net](http://exrx.net)
- Mayo Clinic:
  - [mayoclinic.org](http://mayoclinic.org)
- American College of Sports Medicine:
  - [acsm.org](http://acsm.org)
- American Council on Exercise:
  - [acefitness.org](http://acefitness.org)
- Better Sleep Council:
  - [bettersleep.org](http://bettersleep.org)
- National Sleep Foundation
  - [sleepfoundation.org](http://sleepfoundation.org)
- National Health Institute
  - [nih.gov](http://nih.gov)
- Employee Assistance Program
  - [das.ohio.gov/Divisions/HumanResources/BenefitsAdministration/EAP.aspx](http://das.ohio.gov/Divisions/HumanResources/BenefitsAdministration/EAP.aspx)



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[ohio.gov/tclw](https://ohio.gov/tclw), 1-866-556-2288

**Thank you!**