

SLEEP

"Sleep is the golden chain that ties health & our bodies together." - Thomas Dekker



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Counting Sheep.

On average we spend 229,961 hours asleep or basically one third of our lives in sleep mode. That's a lot of time spent snoozing! Sleep is imperative to the optimum functioning of the body. Every vital process is maintained and regulated by sleep, this is why we must prioritise those zzzzz. As our rapidly evolving environment and social pressures instigate a shift in the importance of healthy and abundant sleep increasing numbers of people are seeking to understand why we need to include sleep hygiene within our health & fitness regime.

PLEASE NOTE: The information contained in this document is not intended for diagnostic purposes. If you are experiencing any mental or physical problems relating to sleep or overall health please seek advice from your GP.



Why so sleepy?

'Sleep is a biological necessity and we know that all complex organisms have a sleep-wake cycle, from simple fruit flies to humans. In humans sleep has many vital functions for both physical and mental health.' (Why do we Sleep, 2019). Vast arrays of experiments have sought to understand this strange daily necessity. Sleep has been shrouded in mystery and myth since ancient times. The Greeks viewed sleep as an escape from the troubles of waking life, they even had a God of sleep, Hypnos who had a son; the God of Dreams, Morpheus. (Siegel and Kryger, 2016).

In modern times we have come to understand many of the scientific needs for sleep. The short and long term effects of lack of sleep are extensively studied; although there is still more to discover. In the short term, 'Sleep disruption is associated with increased activity of the sympathetic nervous system and hypothalamic-pituitary-adrenal axis, metabolic effects, changes in circadian rhythms, and proinflammatory responses. (Medic, Wille and Hemels, 2017) . Medic et al, also found that sleep helps to modulate body temperature, conserve energy, maintain the correct weight and maintain a normal immune system. The most important consequence of sleep deprivation is seen on brain function. Individuals with sleep deprivation fail to learn tasks properly as a result of memory disturbance, but also see disturbances of mood and behaviour with hyperactivity, irritability and impairments in attention and concentration. '

Podcasts to aid sleep.

SLEEP WITH ME - DEAREST SCOOTER

Ready for a bedtime story? If your mind is racing and you find it hard to switch off, ease into your night time slumber with a story that get will literally bore you to sleep!

GUIDED SLEEP MEDITATION - TRACKS TO RELAX TO.COM

Guide yourself to sleep with meditation designed to relax your mind ready for a peaceful sleep.

WHY WE SLEEP WITH MATTHEW WALKER - PART 1&2 - FEEL BETTER LIVE MORE - DR RAGAN CHATTERJEE

2 episodes from the sleep master himself. Learn and be amazed! This will change your perception of sleep and how important it is for health.



Did you know...

The timing of our need for sleep is based on two things. The first is how long we have been awake. The second is our body clock. If we stay awake all night we will feel more tired at 4AM than at 10AM. Scientists call the time between 3AM and 5AM the 'dead zone'. It's when our body clock makes us 'dead' tired.



Take a chill pill.

SUPPLEMENTS FOR OPTIMUM SLEEP*

L-THEANINE

elevates levels of GABA, as well as serotonin and dopamine. These chemicals are known as neurotransmitters, and they work in the brain to regulate emotions, mood, concentration, alertness, and sleep, as well as appetite, energy, and other cognitive skills. Increasing levels of these calming brain chemicals promotes relaxation and can help with sleep.

VALERIAN - thought to subtly increases the levels of a chemical known as gamma aminobutyric acid (GABA) in the brain. GABA contributes to a calming effect in the body.

Apps for a silent night.

SLEEPRATE

Get yourself a heart rate monitor and track your sleep patterns to better understand why you might be feeling tired. You can also record unusual sounds such as nightmares for snoring.

SLEEP GENIUS

Designed using neurosensory algorithms to create sounds that guide your brain through the complete sleep cycle.

WHITE NOISE

Do you live in a noisy space, sleep somewhere with a lot of background noise, or just rely on quiet to get to sleep? This app can drown out external sounds so you can relax well enough to sleep.



MAGNESIUM

A natural muscle relaxer, which immensely helps with anxiety. It's a nervous system relaxant and mineral that assists with fear, irritability, and restlessness.

MELATONIN

It is used for jet lag, for adjusting sleep-wake cycles in people whose daily work schedule changes (shift-work disorder), and or helping blind people establish a day and night cycle.

ASHWAGHANDA

Used for over 3,000 years to relieve stress, increase energy levels and improve concentration. It's classified as an "adaptogen," meaning that it can help your body manage stress.

*Always consult your doctor before taking any supplements



Sleep and hunger.

Getting good quality sleep can help regulate hormones that control appetite, so you may eat less calories overall if you sleep a solid 7-9 hours a night, compared to when you are under-slept. Scientifically, lack of sleep can decrease ghrelin, a hormone that helps you to feel satiated and increase in the hormone leptin, which makes you feel hungry. So when you are lacking sleep you are chemically more likely to reach for high calorie, sugary or fatty foods

Sleep Hygiene.

HOW MUCH SLEEP?

Throughout our lives, our sleep needs change, but as a general rule, adults in good health typically require 7 to 7.5 hours of sleep and infants, children, and adolescents tend to need more on average. As a starting point for finding your own sleep set point, set aside enough time for 7 hours of sleep and we'll use this as our control. It might be handy to keep sleep journal as you try this consistent sleep pattern for a few days. After this time, if you are still waking up un-rested you may need to add on an hour. Its important to be honest with your own bodily feedback. If you are aware that 6 hours is not supporting you, ensure to make sleep a priority. If its a choice between exercise or sleep then sleep almost definitely wins every time.

KEEP A SLEEP REGIME

Avoid bedtime procrastination at night, the temptation to finish that TV box-set or scroll for another 15 mins on Instagram is high when you have been dedicated to work for most of the day. Try and view sleep as an act of self care - a reward for a hard days work and the nurture that your body needs. Respect sleep and set alarm for the morning. Get up the same time every day, even if you had a bad night with frequent awakenings. Keep your sleep and wake times consistent throughout the week - even weekends. Otherwise, you'll find yourself experiencing an uncomfortable rebound effect come Monday. It is widely recognised that you cannot pay of 'sleep debt' from the week by sleeping in on the weekend and enough consistent sleep is needed to maintain good health. (Banks, Van Dongen, Maislin and Dinges, 2010)



DARK & COOL

Sleep.org advises the best temperature for falling asleep is somewhere in the low-to mid-60 degrees Fahrenheit. (Best Temperature for Sleep | Sleep.org, 2020). Maintaining a consistently cool temperature helps your body thermoregulate during sleep. Keeping your bedroom dark also keeps it cool, by blocking out heat from sunlight in the morning. More importantly, the darkness convinces your brain that it's still night time, which is important for sleep hormone regulation.

If you live in a very light polluted area, get an eye mask and blackout curtains.

SLEEP & SEX ONLY

Having a dedicated place for sleep is psychologically important. Having a dedicated, comfortable place to lie down and stretch out is important. It is important to subconsciously connect being in bed with sleeping. Don't read in bed or talk on the phone. Training the mind to associate the bedroom to sleep helps to initiate the 'wind down process' and help you to fall asleep easier. One Norwegian study found a link between the use of computer & mobile phones in the bedroom and a reduction in the amount of weekly sleep they got. (BRUNBORG et al., 2011). Remove clutter and items that remind you of work from your bedroom, treat your bedroom as a haven for sleep and sex only!



SUNSHINE

It may seem counter-intuitive, given our harping about the importance of sleeping in a dark room, but a daily dose of sunshine can actually help you sleep better. Sunlight helps in the regulation of all wake and sleep hormones. It is not so much the presence of wake hormones generated by sunlight that aids sleep but actually the absence of them that initiates sleep hormones. (Mead, 2008)

UNPLUG

We all live and breathe screens, they are unavoidable to modern life. It's not just computers that keep us glued to them for hour a day, we now have multiple devices that are imperative to day to day business. The light these gadgets emit is called Narrow- spectrum blue light and can trick the mind into thinking its day time, any time of day. Its important for good sleep hygiene to limit the amount of blue light exposure before bed. It is advised to unplug from devices for a minimum of 1 hour before sleep. If this is still tricky them try applying a blue light filter to your device. You can download these from app stores or many new devices has these are standing within the settings.

FANCY A NAP?

Pay attention to how much you nap during the day. Sometimes naps are essential for that extra productivity boost during a long day, but frequent naps or longer siestas can seriously interfere with nighttime sleep. The National Sleep Foundation advises , If you do nap, limit it to a short power nap of 30 minutes or less. Longer than that, and you risk entering deep sleep, from which you'll wake up even groggier than before (and likely experience a tougher time falling asleep later that night). (Debunking Sleep Myths, 2020)



GET ACTIVE IN THE DAY

Strenuous exercise should be avoided at night, ideally 3 hours before bed. It energizes you, and the more awake you are, the harder it is to fall asleep. For intense athletes, quality deep sleep is critical to the recovery process and maintaining their athleticism. On the other hand, getting active during the day can help you get a better night's sleep. The relationship between exercise and sleep is still in its infancy but Charlene Gamaldo, M.D. , medical director of Johns Hopkins Center for Sleep at Howard County General Hospital states 'we do know that moderate aerobic exercise increases the amount of slow wave sleep you get. Slow wave sleep refers to deep sleep, where the brain and body have a chance to rejuvenate. Exercise can also help to stabilise your mood and decompress the mind, "a cognitive process that is important for naturally transitioning to sleep,"

Get inspired.

CLICK ON THE UNDERLINED LINKS.

SLEEP IS YOUR SUPERPOWER | MATT WALKER

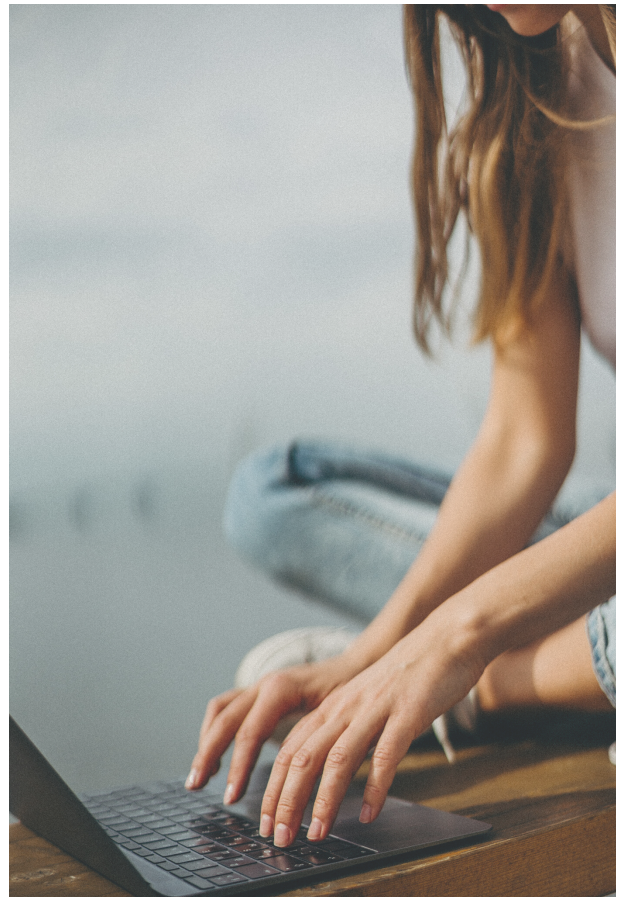
Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body.

WHAT WOULD HAPPEN IF YOU DIDN'T SLEEP? - CLAUDIA AGUIRRE

In the United States, it's estimated that 30 percent of adults and 66 percent of adolescents are regularly sleep-deprived. This isn't just a minor inconvenience: staying awake can cause serious bodily harm. Claudia Aguirre shows what happens to your body and brain when you skip sleep.

SLEEP - BY HEADSPACE

Soothe your mind with these gentle sounds. This Sleep Music playlist by Headspace creates a dreamy atmosphere to help ease you into a peaceful sleep



show the love.

If you enjoyed this e-book, tag me @thisiskatesfitness in your Instagram stories with 1 thing you think helps you sleep better and hashtag #sleepbetter.

Thank you for your continued support.

Kate

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