

The importance of counting sheep effectively

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- Nurse consultant within general practice by background, managing patients clinical concerns from cradle to grave.
- Experience in commissioning and managing service delivery.
- Social scientist – undertaking PhD

The objectives

- Understanding the physiology around sleep
- Identifying common sleep issues
- Managing common sleep issues

Sleep in numbers



annual cost
of lost sleep
to the UK¹

around
£30bn

200,000 working days lost



in UK every year to
insufficient sleep¹



1 in every 3
people in the UK are
affected by insomnia³

Better sleep

is the biggest
single contributor
to living better⁶



We naturally feel
tired at two different
times of the day:

2pm



2am

Health risks:



Adults who sleep fewer
than **6 hours** a night have
a **13% higher mortality
risk** than adults who sleep
at least 7 hrs¹



Adults who sleep less
than **7 hours** a day are
**30% more likely to be
obese** than those who
sleep for 9 hours or more⁴

Working **night shifts**
has about a **25-30%**
higher risk of injury
than working day shifts⁷



3.2
million
night workers
in the UK⁵

And **1 in 9** workers
who work night shifts⁵



Adults **need**
between

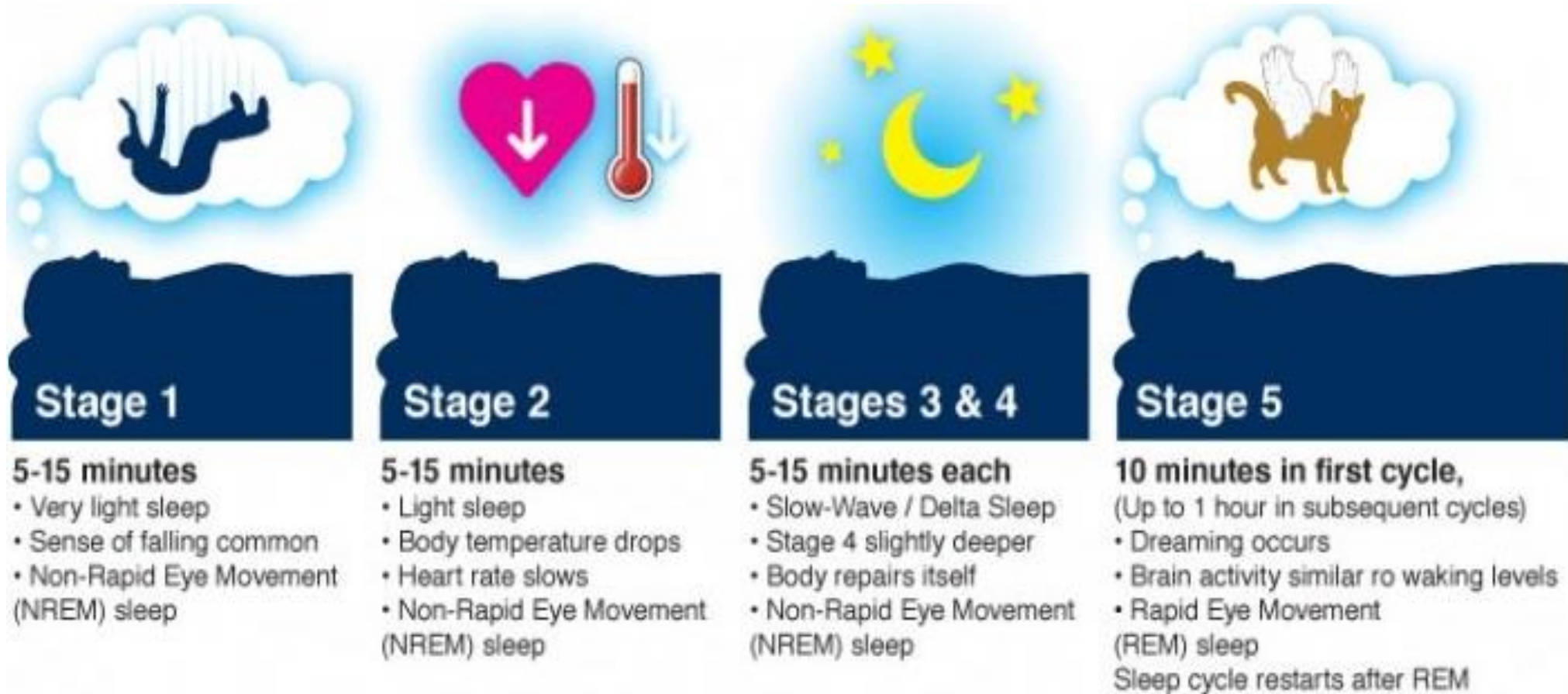
7 & 9

hours of
sleep a night²



We spend about
**1/3 of our
lives sleeping**

Sleep Architecture



HOW MUCH SLEEP DO YOU NEED?



Sleep Problems

- **Insomnia** is the inability to sleep.
- **Hypersomnia (narcolepsy)** excessive drowsiness and falling asleep
- **Sleep-wake schedule disturbance** transient or persistent
- **Partial arousal** sleep walking, nightmares
- **Nightmares and night terrors** disruption of REM sleep
- **Sleep apnea** – interrupted breathing

Why does sleep deprivation matter?

- **Shortened life span**
- **Increases risk of heart disease, stomach problems, memory problems, obesity, diabetes, hypertension**
- **Negative mood (irritability and depression)**
- **Decreased work performance and memory lapses**
- **Marital, social and employment problems**
- **Difficulty concentrating/learning – consider driving**
- **Increased addictions (alcohol, drugs, gambling, shopping)**

Medication

- Prescribed Hypnotics –(morphine, benzodiazepines, barbiturates)
- Melatonin
- Serotonin precursors – tryptophan
- Over the counter Sedating anti-histamines
- Over the counter hypnotics (Sleepeze etc)

10 TIPS FOR BETTER SLEEP

1. Establish a regular bedtime and waking time.



2. Allow yourself to take a nap if you're tired.



3. Adjust to a healthier lifestyle regarding your substance use.



4. Create a caffeine cut-off time.

5. Change up your bedtime snack.



6. Watch your workout routine.



7. Use comfortable, inviting bedding.



8. Find a comfortable sleep temperature setting and keep the room well ventilated.



9. Block out all distracting noise and eliminate as much light as possible.



10. Reserve your bed for sleep and sex, avoiding its use for work or general recreation.



Take home messages

- Manage the underlying problems
- Commit to lifestyle changes
- Have open discussions
- See a clinician if all else fails