



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

Sleep, Keys to a Better Night's Rest

Julie Pendleton, ND, NBC-HWC

Premise Health.



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Health & Wellness Coach

Julie Pendleton is a graduate of Bastyr University, where she earned a Doctor of Naturopathic Medicine. After working in an integrative wellness center where she applied a mind, body and lifestyle medicine approach to her primary care practice, she transitioned into a health coach role. She then moved to her home state of New Hampshire and began working as a Wellness Coach for Premise Health. Julie listens without judgment and cultivates self-awareness, empowering you to create a lifestyle that reflects you and all that you are.



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Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

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Presentation Description and Outline

- Understand the benefits of sleep
- Explore the health effects of chronic sleep deficiency
- Acknowledge that stress impacts our circadian rhythm
- Learn how lifestyle-based activities can improve sleep health
- Create a plan to promote a restful night's sleep



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Two Keys to Healthy Sleep

Quantity

- National Sleep Foundation recommends 7-9 hours of uninterrupted sleep for adults under the age of 65.

High quality sleep

- Sleeping at least 85% of the time while in bed
- Falling asleep within 30 min of getting into bed
- Waking up no more than once in the night
- Going back to sleep within 20 minutes of waking up in the night



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What does sleep do for us?

- Cleans our brain
- Increase productivity and alertness
- Encodes memories and improves learning
- Promotes heart health
- Manages stress and improves mood
- Facilitates growth repair
- Regulates appetite, energy use and weight control
- Keeps you from getting sick



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Effects of chronic sleep deficiency

- Diabetes
- Obesity
- Heart disease and hypertension
- Mood disorders
- Immune function



Understanding the stress/sleep cycle

- Hyperarousal of the brain = short sleep duration
- Stress affects daily fluctuations of cortisol dysregulating the wake/sleep rhythm
- Inverse relationship of cortisol to melatonin
- Calm our stress response both during the day & before sleep to break the vicious cycle
- Align evening behaviors with the circadian rhythm and practice sleep hygiene



The Vicious Cycle

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Be aware of your sleep habits

- Bedtime and/or lights-out time
- Wake-up time
- How long it takes to fall asleep
- The number and duration of sleep interruptions
- The number and duration of daytime naps
- Perceived sleep quality
- Consumption of alcohol, caffeine, and/or tobacco
- Daily medications
- Daily exercise



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Lifestyle based activity that can improve sleep health

- Establish regular sleep cycle for bedtime and wake time
- Set up your sleep environment
- Light exposure
- Dietary/ Hydration
- Exercise
- Buffer effects of daytime stress

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Create a sleep plan

- Set your routine
- Create healthy daytime habits
- Develop a SMART goal:
 - Specific - What are you going to do to improve your sleep quality/quantity?
 - Measurable - How much time, how many sessions?
 - Attainable - Do you have what it takes to follow through?
 - Realistic - What can you actually do? (improvement over perfection)
 - Time-Connected - How frequent? How long will you commit?
- Address sleep disorders

Thank you for attending



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References

- American College of Lifestyle Medicine (lifestylemedicine.org)
- <http://healthysleep.med.harvard.edu/healthy/matters/consequences/sleep-and-disease-risk>
- National Sleep Foundation (thensf.org)

