

Sleep, Keys to a Better Night's Rest Julie Pendleton, ND, NBC-HWC

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Wellbeing 360°

A virtual mind and body expo



Julie Pendleton, ND, NBC-HWC

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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Sleep, Keys to a Better Night's Rest

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





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

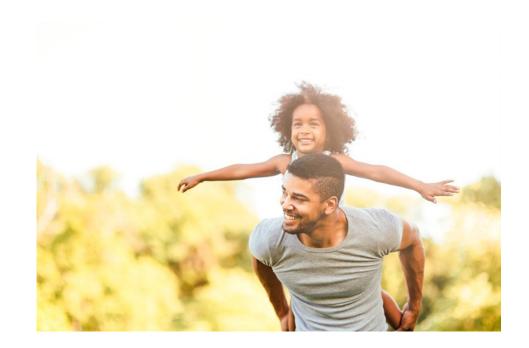






What does sleep do for us?

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



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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





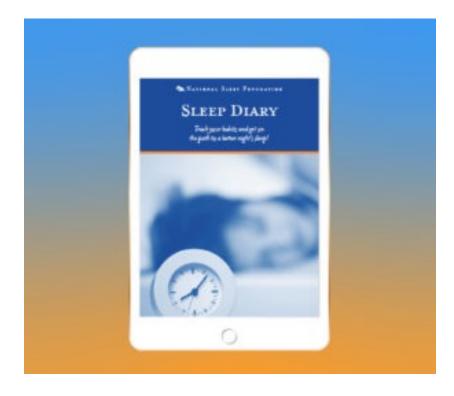
The Vicious Cycle



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-anddisease-risk
- National Sleep Foundation (thensf.org)

