

# A Good Night's Rest is Best



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# A Good Night's Rest Is Best

## Goals and Objectives

- Goal
  - Provide information and resources related to healthy sleep habits and patterns.
- Objectives
  - Describe the sleep cycle
  - Identify the importance of sleep
  - Identify common causes of sleep disruption
  - Describe ways to improve sleep patterns/habits

## Materials Needed (available from <http://teea.tamu.edu>)

- “A Good Night’s Rest is Best” PowerPoint
- “A Good Night’s Rest is Best” Handout
- “Would You Rather” Icebreaker
- National Institute on Aging – Age Page “A Good Night’s Sleep”
  - <https://www.nia.nih.gov/health/publication/good-nights-sleep>
  - Brochure is free to order, 4-6 week delivery time
  - OR print for free from the website
- National Sleep Foundation “Sleep Diary”
  - <https://sleepfoundation.org/sites/default/files/SleepDiaryv6.pdf>
- Evaluation

## Icebreaker

Group Leaders may either handout copies of the game, “Would You Rather,” and have participants respond to each pair; or, read each point and ask audience for a verbal response. You are not required to provide the answers, only point out that answers will be covered in the material included in the program.



## A Good Night's Rest is Best

### *Would You Rather*

Indicate your preference by circling either A or B

<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Check Facebook on your iPhone</li><li>b. Read a book before sleeping</li></ul>	<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Eat supper at 6:00 p.m.</li><li>b. Eat dinner at 9:00 p.m.</li></ul>
<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Think about your hectic to-do list before falling asleep</li><li>b. Think about a nice compliment from your employer</li></ul>	<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Sleep 7-8 hours nightly</li><li>b. Sleep till noon Saturday morning to catch up on lost sleep</li></ul>
<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Nap daily 20-30 minutes</li><li>b. Nap daily 1-2 hours</li></ul>	<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Exercise during the day</li><li>b. Do a rigorous exercise routine prior to bedtime</li></ul>
<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Prior to bedtime, drink a glass of milk</li><li>b. Drink a glass of wine</li></ul>	<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Sleep with the TV on</li><li>b. Sleep in a dark room with no electronic lights</li></ul>
<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Sleep too little</li><li>b. Sleep too much</li></ul>	<p><b>Would you rather:</b></p> <ul style="list-style-type: none"><li>a. Sleep with your pet</li><li>b. Cuddle with an extra pillow</li></ul>



# A Good Night's Rest Is Best

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Think about your day. Think about all the things you did, didn't do and/or want/need to do. What are the top three things that come to mind? And how much time will you devote to those things?

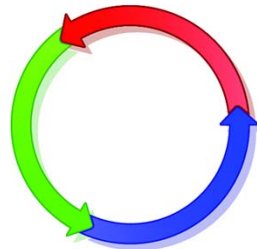
[Pause briefly and then ask for some examples – you can provide the following if there are none: eating, driving, working, shopping, cooking, etc.]

No one or very few said “sleep” when, in fact, sleep should ideally account for about one-third of each 24-hour period. People may cut back on sleep, thinking it won't be a problem, because other responsibilities seem much more important. But a number of vital tasks carried out during sleep help people stay healthy and function at their best.

Often we do not think of sleep as a critical daily task or something that merits a lot of priority – it's just something that happens. As we'll discuss during this session, a good night's rest needs to be one of the most important things we accomplish each and every day.

# What Is Sleep?

- Sleep is more than just rest
  - Many functions of the brain and body remain active
- Adults need 7-8 hours of sleep each night
- Sleep occurs in a distinct, predictable pattern
  - Non-REM sleep
    - Stages 1-3
  - REM sleep



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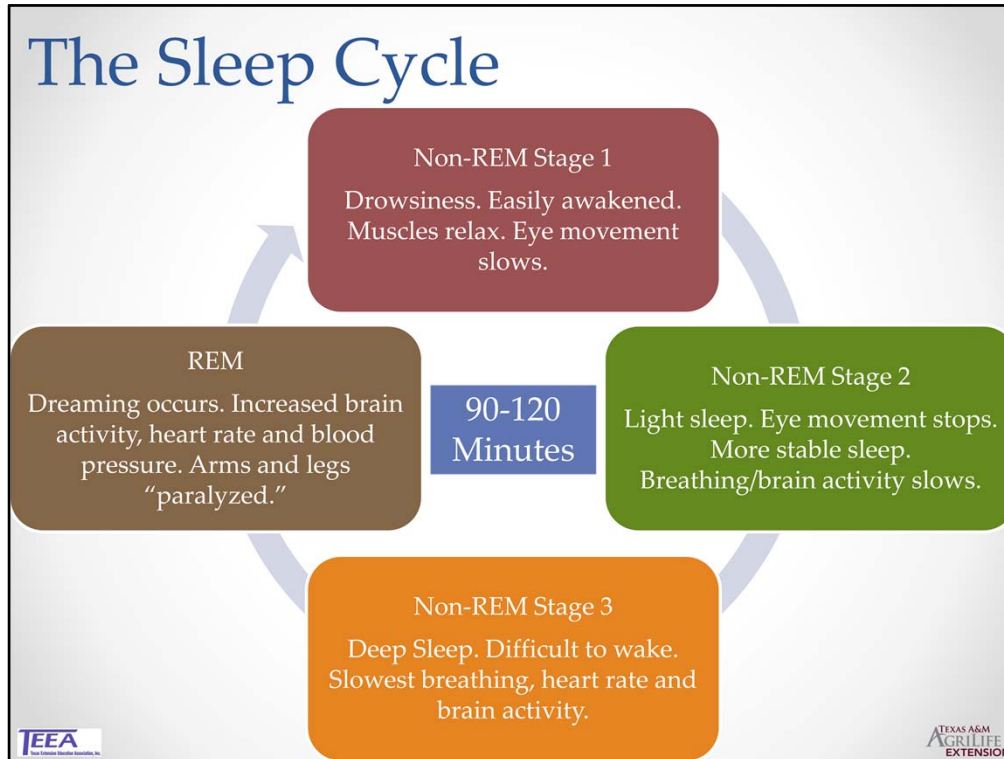
Many people view sleep as merely “down time” when their brains shut off and their bodies rest. While you sleep, your brain is hard at work forming the pathways necessary for learning and creating memories and new thoughts. Without enough sleep, you can’t focus and pay attention or respond quickly. A lack of sleep may even cause mood problems. Also, growing evidence shows that a chronic lack of sleep may increase your risk of obesity, diabetes, cardiovascular disease, and infections.

Adequate sleep, like adequate nutrition and physical activity, is vital to our well-being; yet, people are sleeping less. The nature of today’s lifestyle encourages longer hours and offers continual access to entertainment and other activities. To keep up, people cut back on sleep.

Research suggests that adults need at least 7–8 hours of sleep each night to be well rested. In 1910, most people slept 9 hours/night. But recent surveys show the average adult now sleeps fewer than 7 hours/night.

Let’s take a deeper look at what is happening in our bodies during sleep. Sleep occurs in a distinct, predictable pattern that we cycle through every 1.5 to 2 hours and is divided into two basic types: rapid eye movement (REM) sleep and non-REM sleep.





Typically, sleep begins with non-REM sleep. In stage 1 non-REM sleep, you sleep lightly and can be awakened easily by noises or other disturbances. During this first stage of sleep, your eyes move slowly, your muscles relax, and your heart and breathing rates begin to slow. You then enter stage 2 non-REM sleep, which is defined by slower brain waves with occasional bursts of rapid waves. When you progress into stage 3 non-REM sleep, your brain waves are slowest.

Stage 3 is a very deep stage of sleep, during which it is very difficult to be awakened. Deep sleep is considered the "restorative" stage of sleep that is necessary for feeling well rested and energetic during the day.

During REM sleep, your eyes move rapidly in different directions, even though your eyelids stay closed. Your breathing also becomes more rapid, irregular, and shallow, and your heart rate and blood pressure increase. Dreaming typically occurs during REM sleep. During this type of sleep, your arm and leg muscles are temporarily paralyzed so that you cannot "act out" any dreams that you may be having.

You typically first enter REM sleep about an hour to an hour and a half after falling asleep. After that, the sleep stages repeat themselves continuously while you sleep. Why people dream and why REM sleep is so important are not well understood. It is known that REM sleep stimulates the brain regions you use to learn and make memories. Dreams may reflect the brain's sorting and selectively storing new information acquired during wake time. While this information is processed, the brain might revisit scenes from the day and

mix them randomly.

In general, we don't really remember dreams. They are usually only recalled when we wake briefly or are awakened by an alarm clock or some other noise in the environment.

# Why Sleep?

- Our sleep cues are many and varied
  - Chemical
    - Adenosine
    - Melatonin
  - Biological
    - Circadian rhythm
  - Environmental
    - Habit
    - Light



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Although you may put off going to sleep in order to squeeze more activities into your day, eventually your need for sleep becomes overwhelming. Because of your body's internal processes, you can't adapt to getting less sleep than your body needs. Eventually, a lack of sleep catches up with you.

One of the internal causes of sleep may be a substance called adenosine. Adenosine is involved in a number of bodily processes and builds up in your blood while you're awake. Then, while you sleep, your body breaks down the adenosine. Levels of this substance in your body may help trigger sleep when needed. A buildup of adenosine and many other complex factors might explain why, after several nights of less than optimal amounts of sleep, you build up a sleep debt. This may cause you to sleep longer than normal or at unplanned times during the day.

The other substance that helps make you sleep is a hormone called melatonin. This hormone makes you naturally feel sleepy at night. It is part of your internal "biological clock," which controls when you feel sleepy and your sleep patterns. Your biological clock triggers your body to produce melatonin, which helps prepare your brain and body for sleep.

Your biological clock is a small bundle of cells in your brain that works throughout the day and night. Internal and external environmental cues, such as light signals received through your eyes, control these cells. Because of your biological clock, you naturally feel the most tired between midnight and 7 a.m. Your biological clock makes you the most alert during

daylight hours and the least alert during the early morning hours. Consequently, most people do their best work during the day.

People are creatures of habit, and one of the hardest habits to break is the natural wake and sleep cycle. Together, a number of factors help you sleep and wake up at the same times each day. Consequently, you may have a hard time adjusting when you travel across time zones or work the night shift. The light cues outside and the clocks may tell you it is 8 a.m. and you should be active, but your body is telling you to sleep. The end result may be sleepiness during the day, difficulty falling or staying asleep at night, poor concentration, confusion, nausea, and generally feeling unwell and irritable.

## What Does Sleep Do For You?

- Body
  - Heart
  - Immunity
  - Hormones
- Mind
  - Learning
  - Memory
  - Mood



A number of aspects of your health and quality of life are linked to sleep, and these aspects are impaired when you are sleep deprived. Let's look at some of the ways sleep, or lack thereof, affects your body and mind.

## Body

- Sleep provides your vascular system a needed “break”
- Lack of sleep can reduce your ability to fight infection
- Adequate sleep is linked to helping with appetite, energy and weight control



Sleep gives your heart and vascular system a much-needed rest. During non-REM sleep, your heart rate and blood pressure progressively slow as you enter deeper sleep. During REM sleep, in response to dreams, your heart and breathing rates can rise and fall and your blood pressure can be variable. These changes throughout the night in blood pressure and heart and breathing rates seem to promote cardiovascular health. If you don't get enough sleep, the nightly dip in blood pressure that appears to be important for good cardiovascular health may not occur.

A lack of sleep also puts your body under stress and may trigger the release of stress hormones, like adrenaline or cortisol. These hormones keep your blood pressure from dipping during sleep, which increases your risk for heart disease.

Getting a good night's sleep on a regular basis may help keep you from getting sick and help you get better if you do get sick. Lack of sleep can reduce your body's ability to fight off common infections. Although lack of exercise and other factors also contribute, the current epidemic of diabetes and obesity seems to be related, at least in part, to chronically short or disrupted sleep or not sleeping during the night.

A number of hormones released during sleep also control the body's use of energy. A distinct rise and fall of blood sugar levels during sleep appears to be linked to sleep stages. Not sleeping at the right time, not getting enough sleep overall, or not enough of each stage of sleep disrupts this pattern.

## Mind

- Studies suggest well-rested people learn better and remember better
- Lack of sleep is associated with
  - Inattention
  - Confusion
  - Faulty decision-making
- Altered mood, irritability and unhappiness can result from not sleeping enough
  - People who do not get enough sleep are at greater risk for depression



Did you ever hear someone say “sleep on it” if your mind was racing or you couldn’t make a decision. Perhaps you’ve even uttered those sage words yourself.

Studies show people can learn a task better if they are well rested. They also can better remember what they learned if they get a good night’s sleep after learning the task than if they are sleep deprived.

Many well-known artists and scientists claim to have had creative insights while they slept. Mary Shelley, for example, said the idea for her novel Frankenstein came to her in a dream. Although it has not been shown that dreaming is the driving force behind innovation, one study suggests that sleep is needed for creative problem-solving. Exactly what happens during sleep to improve our learning, memory, and insight isn’t known. Experts suspect, however, that while people sleep, they form or strengthen the pathways of brain cells needed to perform these tasks.

Not only is a good night’s sleep required to form new learning and memory pathways in the brain, but also sleep is necessary for those pathways to work well. Lack of sleep makes it harder to focus and pay attention. Lack of sleep can make you more easily confused; slows down your reaction time, which is particularly important to driving and other tasks that require quick response. When people who lack sleep are tested on a driving simulator, they perform just as poorly as people who are drunk. The bottom line is: Not getting a good night’s sleep can be dangerous!

Even if you don't have a mentally or physically challenging day ahead of you, you should still get enough sleep to put yourself in a good mood. Most people report being irritable, if not downright unhappy, when they lack sleep. People who chronically suffer from a lack of sleep, either because they do not spend enough time in bed or because they have an untreated sleep disorder, are at greater risk of developing depression.



## Do I Have a Sleep Disorder

- You may...if you have any of the following three or more nights weekly
  - Takes more than 30 min to fall asleep
  - Awaken frequently during the night
  - Feel unrested despite adequate sleep time
  - Bed partner reports loud snoring or breathing cessation
  - Bed partner reports arms/legs jerking during sleep



Many factors can prevent a good night's sleep. These factors range from well-known stimulants, such as coffee, to certain pain relievers, decongestants, and other culprits.

But there may be more serious issues causing a "sleep disorder": insomnia, sleep apnea, restless legs syndrome, and narcolepsy. Additional sleep problems may include chronic insufficient sleep, sleep walking, sleep paralysis, and night terrors.

Evaluate your sleep habits using the criteria listed here. If you have any of these "symptoms" three or more nights weekly, you should talk to your health provider about your sleep issues.

# Common Sleep Problems

- Insomnia
  - Trouble falling asleep or staying asleep
- Sleep apnea
  - Breathing briefly stops or becomes too shallow
- Restless leg syndrome
  - Tingling in the legs
- Narcolepsy
  - Extreme/overwhelming daytime sleepiness



Insomnia is defined as having trouble falling asleep or staying asleep, or as having unrefreshing sleep despite having ample opportunity to sleep. Life is filled with events that occasionally cause insomnia for a short time: stress, family pressures, or a traumatic event. Chronic insomnia is defined as having symptoms at least 3 nights per week for more than 1 month.

In people who have sleep apnea, breathing briefly stops or becomes very shallow during sleep. This change is caused when the soft tissue in the rear of the throat collapses and partially or completely closes the airway. If you have sleep apnea, not enough air can flow into your lungs through your mouth and nose during sleep, even though breathing efforts continue. When this happens, the amount of oxygen in your blood decreases. Your brain responds by awakening you enough for normal breaths then start again, often with a loud snort or choking sound. People who have sleep apnea frequently go from deeper sleep to lighter sleep during the night, rarely spending enough time in deep, restorative stages of sleep. They are therefore often excessively sleepy during the day.

Restless legs syndrome (RLS) causes an unpleasant prickling or tingling in the legs, especially in the calves, that is relieved by moving or massaging them. People who have RLS feel a need to stretch or move their legs to get rid of the uncomfortable or painful feelings. RLS is heritable, meaning that it can run in families, but it also may be linked to iron deficiency.

Narcolepsy's main symptom is extreme and overwhelming daytime sleepiness, even after adequate nighttime sleep. In addition, nighttime sleep may be fragmented by frequent awakenings. People who have narcolepsy often fall asleep at inappropriate times and places. People who have narcolepsy experience daytime "sleep attacks" that last from seconds to more than one-half hour, can occur without warning, and may cause injury.

All of these conditions sound serious and they can be, especially since we now know how important sleep is for our overall health and well-being. But the good news is that these conditions can be treated so that you can get a good night's rest. If you are concerned about any of the above, talk to your health provider.

# Optimal Sleep Environment

- Cool temperature
- Comfortable bedding
- Reduce bright lights
- Reduce distractions
  - TV/Radio
  - Reading
  - Mobile device
  - External noise



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Since you need to spend about a third of each 24-hours asleep, you need to be sure you've created the optimal sleep environment. Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or warm temperatures. You sleep better if the temperature in the room is kept on the cool side.

A TV, cell phone, or computer in the bedroom can be a distraction and deprive you of needed sleep. Additionally, the artificial light produced by these devices may trick your brain into thinking it's earlier in the day than it really is.

Related to lighting, get the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day. If possible, wake up with the sun or use very bright lights in the morning. Sleep experts recommend that, if you have problems falling asleep, you should get an hour of exposure to morning sunlight and turn down the lights before bedtime.

Having a comfortable mattress and pillow can help promote a good night's sleep.

Individuals who have insomnia often watch the clock. Turn the clock's face out of view so you don't worry about the time while trying to fall asleep. Also, don't lie in bed awake. If you find yourself still awake after staying in bed for more than 20 minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.

## Tips for a Good Night's Rest

- Keep a set sleep/wake schedule
- Regular physical activity
- Avoid caffeine and nicotine
- Avoid alcohol and large meals
- Reduce napping
- Relax
- Talk to your health provider



Some additional tips include keeping a schedule. Your brain and your body really like consistency. Try to go to bed and get up at the same time each day.

Also, getting proper physical activity can help relieve some pent up energy. Recommendations are for 30 minutes per day, most days of the week. But be sure not to get your physical activity too close to bedtime...a few hours before you plan to go to bed is ideal.

Having a “nightcap” or alcoholic beverage before sleep may help you relax, but heavy use robs you of deep sleep and REM sleep, keeping you in the lighter stages of sleep. Heavy alcohol ingestion also may contribute to impairment in breathing at night. You also tend to wake up in the middle of the night when the effects of the alcohol have worn off.

Caffeine and nicotine are stimulants and may interfere with your ability to fall asleep or stay asleep. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. If you have trouble sleeping, talk to your health provider to see whether any drugs you’re taking might be contributing to your insomnia and ask whether they can be taken at other times during the day or early in the evening.

Avoid large meals and beverages late at night. A light snack is okay, but a large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause frequent awakenings to urinate.

Don't take naps after 3 p.m. Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.

Relax before bed. Don't overschedule your day so that no time is left for unwinding. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual. Take a hot bath before bed. The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.

And, because the causes of sleeplessness can be many and varied, don't ever hesitate to talk to your health provider about sleep issues.

# Track Your Sleep Habits

**NATIONAL SLEEP FOUNDATION**

**Complete in Morning**

Start date: / /

Day of week: \_\_\_\_\_

I went to bed last night at: PM / AM

I got out of bed this morning at: AM / PM

Last night I fell asleep:

Easily  
After some time  
With difficulty

I woke up during the night:

# of times

# of minutes

Last night I slept a total of: Hours Hours Hours Hours Hours Hours Hours

My sleep was disturbed by:

List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress, etc.

When I woke up for the day, I felt:

Refrained  
Somewhat refrained  
Fulfilled

Notes:

Record any other factors that may affect your sleep (e.g. hours of work shift, or monthly cycle for women).

**Complete at the End of Day**

Day of week: \_\_\_\_\_

I consumed caffeinated drinks in the: (Morning, Afternoon, Evening, N/A)

M / A / E / N/A

How many? \_\_\_\_\_

I exercised at least 20 minutes in the: (Morning, Afternoon, Evening, N/A)

Medications I took today:

Took a nap? (circle one)

Yes	No	Yes	No	Yes	No	Yes	No
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	

If Yes, for how long? \_\_\_\_\_

During the day, how likely was I to doze off while performing daily activities:

No chance, Slight chance, Moderate chance, High chance

Throughout the day, my mood was... Very pleasant, Pleasant, Unpleasant, Very unpleasant

Approximately 2-3 hours before going to bed, I consumed:

Alcohol  
A heavy meal  
Caffeine  
Not applicable

In the hour before going to sleep, my bedtime routine included:

List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc.

Retrieved from <https://sleepfoundation.org/sites/default/files/SleepDiaryv6.pdf> 31 May 2017

As we've said a lot in this presentation, you should see a health professional if you have trouble sleeping. If you consistently find it difficult to fall or stay asleep and/or feel tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your primary health provider or a sleep specialist should be able to help you, and it is important to rule out other health or psychiatric problems that may be disturbing your sleep.

One of the things that may help your health provider diagnose a sleep issue is keeping a sleep diary. This version available from the National Sleep Foundation tracks your nighttime and daytime activities for a week. This will give your health provider some insights into what could be affecting your sleep patterns.

## The Moral of the Story

- Sleep is much more than down time
- Adults need 7-8 hours of uninterrupted sleep each night
- Many factors may cause sleep problems, including the sleep environment
- Share sleep problems with your health provider



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Let's go over some of the key takeaways from the lesson...

Remember that sleep is a key activity – a priority – for you each day.

Adults need 7-8 hours of uninterrupted sleep: one-third of each day!

Many things may affect your ability to sleep and you should discuss them with your health provider. These may range from lifestyle changes, to habits/environment, to internal medical disorders. But your health provider will be able to help tease them out and find a solution.



# Resources

- National Institute on Aging
  - <https://www.nia.nih.gov/health/publication/good-nights-sleep>
- National Heart, Lung & Blood Institute
  - <https://www.nhlbi.nih.gov>
- National Sleep Foundation
  - <https://sleepfoundation.org>



The National Institute on Aging has a great publication about getting a good night's sleep. [NOTE TO PRESENTER: Ordering information is included in your lesson materials.]

Also, the National Sleep Foundation has the sleep diary available for download from their site. [NOTE TO PRESENTER: A copy is included with your lesson materials for making copies to distribute.]

# What Questions Would You Like to Ask?

## References

- American Psychological Association. (n.d.). "Sleep." <http://www.apa.org/topics/sleep/index.aspx> Last Accessed: 16 June 2017.
- Guyton, A.C., & Hall, J.E. (1996). Textbook of Medical Physiology. 9<sup>th</sup> ed. Philadelphia, PA: WB Saunders Company.
- National Sleep Foundation. (n.d.). "Healthy Sleeping Tips." <https://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips> Last Accessed: 16 June 2017.
- US Department of Health and Human Services – National Heart, Lung, and Blood Institute. (2017). "Explore Sleep Deprivation and Deficiency." <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd> Last Accessed: 16 June 2017.
- US Department of Health and Human Services – National Institute on Aging. (2016). "Age Page – A Good Night's Sleep." <https://www.nia.nih.gov/health/publication/good-nights-sleep> Last Accessed: 16 June 2017.

The **National Sleep Foundation** is dedicated to improving health and well-being through sleep education and advocacy. It is well-known for its annual Sleep in America® poll. The Foundation is a charitable, educational and scientific not-for-profit organization located in Washington, DC. Its membership includes researchers and clinicians focused on sleep medicine, health professionals, patients, families affected by drowsy driving and more than 900 healthcare facilities.

*[www.sleepfoundation.org](http://www.sleepfoundation.org)*



NATIONAL SLEEP  
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## Sleep Diary

**S**ufficient sleep is important for your health, well-being and happiness. When you sleep better, you feel better. The National Sleep Foundation Sleep Diary will help you track your sleep, allowing you to see habits and trends that are helping you sleep or that can be improved.

### How to Use the National Sleep Foundation Sleep Diary

- ❖ Our sleep diary only takes a few minutes each day to complete.
- ❖ We've given you diary entries for seven days; you may want to make several copies.
- ❖ Review your completed diary to see if there are any patterns or practices that are helping or hindering your sleep. Is your bedroom a sanctuary for sleep? Or are there too many distractions? Did your nap interfere with a good night's sleep?
- ❖ Make incremental changes. Changing one habit at a time can set you on the path to healthy sleep.

Visit [sleepfoundation.org](http://sleepfoundation.org) for more sleep tips.

Complete in Morning							
Start date: __/__/__	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week:	_____	_____	_____	_____	_____	_____	_____
I went to bed last night at:	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM	PM / AM
I got out of bed this morning at:	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
<b>Last night I fell asleep:</b>							
Easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After some time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
With difficulty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>I woke up during the night:</b>							
# of times							
# of minutes							
<b>Last night I slept a total of:</b>							
Hours	Hours	Hours	Hours	Hours	Hours	Hours	Hours
<b>My sleep was disturbed by:</b> List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress, etc.							
<b>When I woke up for the day, I felt:</b>							
Refreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Somewhat refreshed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigued	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Notes:</b> Record any other factors that may affect your sleep (i.e. hours of work shift, or monthly cycle for women).							

Complete at the End of Day							
Day of week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>I consumed caffeinated drinks in the:</b> (M)orning, (A)fternoon, (E)vening, (N/A)							
M / A / E / NA							
How many?	_____	_____	_____	_____	_____	_____	_____
<b>I exercised at least 20 minutes in the:</b> (M)orning, (A)fternoon, (E)vening, (N/A)							
<b>Medications I took today:</b>							
<b>Took a nap?</b> (circle one)							
Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
No	No	No	No	No	No	No	No
If Yes, for how long?							
<b>During the day, how likely was I to doze off while performing daily activities:</b> No chance, Slight chance, Moderate chance, High chance							
<b>Throughout the day, my mood was...</b> Very pleasant, Pleasant, Unpleasant, Very unpleasant							
<b>Approximately 2-3 hours before going to bed, I consumed:</b>							
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A heavy meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not applicable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>In the hour before going to sleep, my bedtime routine included:</b> List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc.							

# AgePage

## A Good Night's Sleep

*Ever since he retired, Edward dreads going to bed at night. He's afraid that when he turns off his light, he will just lie there with his eyes open and his mind racing. "How can I break this cycle?" he asks. "I'm so tired—I need to get some sleep."*

Just like Edward, you want a good night's rest. Getting enough sleep helps you stay healthy and alert. But, many older people don't sleep well. If you're always sleepy or you find it hard to get enough sleep at night, it may be time to see a doctor. Waking up every day feeling tired is a sign that you are not getting the rest you need.

### Sleep and Aging

Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night.

Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake. No matter the reason, if you don't get a good night's sleep, the next day you may:

- ◆ Be irritable
- ◆ Have memory problems or be forgetful
- ◆ Feel depressed
- ◆ Have more falls or accidents

### Get a Good Night's Sleep

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- ◆ **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- ◆ **Avoid napping in the late afternoon or evening,** if you can. Naps may keep you awake at night.
- ◆ **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- ◆ **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- ◆ **Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.
- ◆ **Use low lighting in the evenings** and as you prepare for bed.

- ◆ **Exercise at regular times each day** but not within 3 hours of your bedtime.
- ◆ **Avoid eating large meals close to bedtime**—they can keep you awake.
- ◆ **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- ◆ **Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.

## Insomnia Is Common in Older Adults

Insomnia is the most common sleep problem in adults age 60 and older. People with this condition have trouble falling asleep and staying asleep. Insomnia can last for days, months, and even years. Having trouble sleeping can mean you:

- ◆ Take a long time to fall asleep
- ◆ Wake up many times in the night
- ◆ Wake up early and are unable to get back to sleep
- ◆ Wake up tired
- ◆ Feel very sleepy during the day

Often, being unable to sleep becomes a habit. Some people worry about not sleeping even before they get into bed. This may make it harder to fall asleep and stay asleep.

Some older adults who have trouble sleeping may use over-the-counter sleep aids. Others may use prescription medicines to help them sleep. These medicines may help when used for a short time. But remember, medicines aren't a cure for insomnia.

Developing healthy habits at bedtime may help you get a good night's sleep.

## Sleep Apnea

People with sleep apnea have short pauses in breathing while they are asleep. These pauses may happen many times during the night. If not treated, sleep apnea can lead to other problems, such as high blood pressure, stroke, or memory loss.

You can have sleep apnea and not even know it. Feeling sleepy during the day and being told you are snoring loudly at night could be signs that you have sleep apnea.

If you think you have sleep apnea, see a doctor who can treat this sleep problem. You may need to learn to sleep in a position that keeps your airways open. Treatment using a continuous positive airway pressure (CPAP) device almost always helps people with sleep apnea. A dental device or surgery may also help.

## Movement Disorders and Sleep

Restless legs syndrome, periodic limb movement disorder, and rapid eye movement sleep behavior disorder are common in older adults. These movement disorders can rob you of needed sleep.

People with restless legs syndrome, or RLS, feel like there is tingling, crawling, or pins and needles in one or both legs. This feeling is worse at night. See your doctor for more information about medicines to treat RLS.

Periodic limb movement disorder, or PLMD, causes people to jerk and kick their legs every 20 to 40 seconds during sleep. Medication, warm baths, exercise, and relaxation exercises can help.

Rapid eye movement, or REM, sleep behavior disorder is another condition that may make it harder to get a good night's sleep. During normal REM sleep, your muscles cannot move, so your body stays still. But, if you have REM sleep behavior disorder, your muscles can move and your sleep is disrupted.

## Alzheimer's Disease and Sleep—A Special Problem

Alzheimer's disease often changes a person's sleeping habits. Some people with Alzheimer's disease sleep too much; others don't sleep enough. Some people wake up many times during the night; others wander or yell at night.

The person with Alzheimer's disease isn't the only one who loses sleep. Caregivers may have sleepless nights, leaving them tired for the challenges they face.

If you're caring for someone with Alzheimer's disease, take these steps to make him or her safer and help you sleep better at night:

- ◆ Make sure the floor is clear of objects.
- ◆ Lock up any medicines.
- ◆ Attach grab bars in the bathroom.
- ◆ Place a gate across the stairs.

## Safe Sleep for Older Adults

Try to set up a safe and restful place to sleep. Make sure you have smoke alarms on each floor of your home. Before going to bed, lock all windows and doors that lead outside. Other ideas for a safe night's sleep are:

- ◆ Keep a telephone with emergency phone numbers by your bed.
- ◆ Have a lamp within reach that is easy to turn on.
- ◆ Put a glass of water next to the bed in case you wake up thirsty.
- ◆ Don't smoke, especially in bed.
- ◆ Remove area rugs so you won't trip if you get out of bed during the night.

## Tips to Help You Fall Asleep

You may have heard about some tricks to help you fall asleep. You don't really have to count sheep—you could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.

## For More Information to Help You Sleep Better

### **American Sleep Apnea Association**

1-888-293-3650 (toll-free)  
asaa@sleepapnea.org (email)  
[www.sleepapnea.org](http://www.sleepapnea.org)

### **National Heart, Lung, and Blood Institute**

1-301-592-8573  
nhlbiinfo@nhlbi.nih.gov (email)  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### **National Institute of Neurological Disorders and Stroke**

1-800-352-9424 (toll-free)  
braininfo@ninds.nih.gov (email)  
[www.ninds.nih.gov](http://www.ninds.nih.gov)

### **National Sleep Foundation**

1-703-243-1697  
nsf@sleepfoundation.org (email)  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

### **Restless Legs Syndrome Foundation**

1-512-366-9109  
info@rls.org (email)  
[www.rls.org](http://www.rls.org)

For more information about health and aging, contact:

### **National Institute on Aging Information Center**

P.O. Box 8057  
Gaithersburg, MD 20898-8057  
1-800-222-2225 (toll-free)  
1-800-222-4225 (TTY/toll-free)  
niaic@nia.nih.gov (email)  
[www.nia.nih.gov](http://www.nia.nih.gov)  
[www.nia.nih.gov/espanol](http://www.nia.nih.gov/espanol)

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Visit [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov), a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health and wellness information for older adults. Special features make it simple to use. For example, you can click on a button to make the type larger.



**National Institute  
on Aging**

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May 2016





## A Good Night's Rest is Best Evaluation

Please take a moment to provide feedback on this program.

1. Regarding the **overall program/teaching** (rate your response by circling a number):

Statement	Scale (1= Worst, 5 = Best)				
The value of the lesson was	1 not valuable	2	3	4	5 very valuable
The overall teaching was	1 poor	2	3	4	5 excellent
The teacher's knowledge of the lesson was	1 poor	2	3	4	5 excellent

2. Regarding **what you know and actions you plan to take** (circle your response):

- I learned new information today. YES NO
- I plan to use the information I learned today. YES NO
- I feel this information helps me understand why sleep is important. YES NO
- I think I will be able to share why sleep is important with someone. YES NO
- I know how to make at least one change to help improve my sleep. YES NO

3. This lesson was delivered by a(n) (check only one):

TEEA Member.  Extension Agent/Specialist  Other Speaker.

4. Please tell us about yourself.

I am a  Woman.  Man.

I am in District: 1 2 3 4 5 6 7 8 9 10 11 12

I have been a member of TEEA for \_\_\_\_\_ years.

My age is \_\_\_\_\_ years-old.

5. Additional Comments.

**Thank You For Completing This Form!**