Improve Your Sleep
What you will learn today

Understanding the benefits of sleep

Determining the effects sleep has on the body and mind

Identifying barriers that prevent a restful night’s sleep

Applying practical tools and tips to improve sleep habits

Creating an action plan for short- and long-term goals
“A good laugh and a long sleep are the best cures in the doctor's book.”

— Irish proverb
Opening activity

Importance and confidence rulers

- On a scale of 0–10, with 10 being the most important, how important is it to you to improve the quality of your sleep?
- On a scale of 0–10, with 10 being the most confident, how confident are you in your ability to improve the quality of your sleep?
Sleep issues

- Average American gets 6.6 hours of sleep per night
- 8 out of 10 adults experiences some type of sleep difficulty
- About half wake up feeling unrested
- On average, a person who misses work due to sleep issues loses 4.9 days of work per year
- Over 140 different sleep disorders

(ADAA, 2013)
Benefits of sleep

- Helps tissues and organs to repair and recover from daytime demands
- Boosts immune system functioning
- Aids memory, concentration, and alertness
- Combats stress
- Guards against problems such as depression, anxiety, and general irritability
- Conserves energy
- Minimizes exposure to danger
Sleep and stress
Opening activity: STOP-BANG

1. **Snoring** — Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?
2. **Tired** — Do you often feel tired, fatigued, or sleepy during daytime?
3. **Observed** — Has anyone observed you stop breathing during your sleep?
4. **Blood pressure** — Do you have or are you being treated for high blood pressure?
5. **BMI** — BMI more than 35 kg/m2
6. **Age** — Over 50?
7. **Neck circumference** — Greater than 40 cm (15.75 in)?
8. **Gender** — Male?
Tools and strategies for healthy sleep
The amount of sleep required by the average person is five minutes more.

— Wilson Mizener, American playwright
Sleep issues
Our differences — Circadian rhythms

Larks

Owls
Creating a sleep schedule
- When and how much to sleep
Controlling the sleep environment
- Light and sound
Creating a routine
- Activities leading up to bedtime
Sleeplessness
- What to do when you can’t sleep
Diet and exercise
- Food and activity that impact sleep
Relaxation
- Techniques for relaxing and de-stressing
Putting it all together

- What will you take away from this seminar?
- What is something that you can do starting tomorrow to improve your sleep?
- On a scale from 0 to 10, with 0 being unlikely and 10 being super ready, how likely are you to make that change?
Your action plan

- Set your goal
- Make a plan
- Find support

“A goal without a plan is just a wish.” – Antoine de Saint-Exupery
Your goal for this week

One thing  Be specific  Be confident

What is important to you?  What?  When?  Where?  With whom?  How will you overcome obstacles?
Resources
We’re here for you!

- Talk with a Health Coach line
  - 503-286-6816 or 1-866-301-3866 (toll free), option #2
  - Free, confidential consultations

- kp.org/healthengagement

- kp.org/overcominginsomnia: free online program to help you improve your sleep

- kp.org/relax: free online program to help you manage stress

- Cultivating Health® Improving Your Sleep Kit

- kp.org/audio: free guided relaxation podcasts
Thank you!