

Importance of sleep for patient wellbeing



Facts about **insomnia** and **sleep disturbance**

1

Sleep disorders and chronic sleep loss can put you at risk of Heart Disease, Heart Attack, High Blood Pressure, Stroke, Diabetes and other health problems.¹



2

Evidence suggests that sleep disturbance, such as obstructive sleep apnea and poor sleep quality, may increase obesity risk.²



3

Treating the sleep disorder may help alleviate symptoms of a mental health problem.³



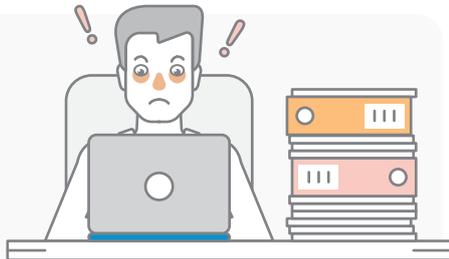
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Insomnia can predict both physical and mental conditions such as arthrosis, osteoporosis, rheumatoid arthritis, anxiety and depression⁴



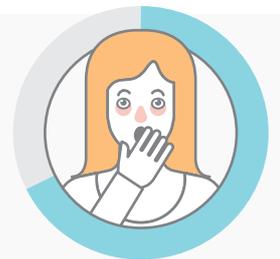
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Insomnia can interfere with performance at school and work⁵



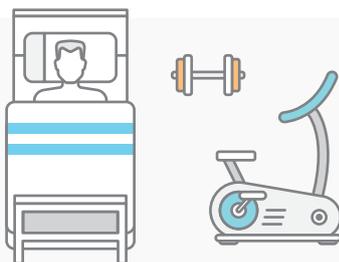
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Only 29% of women say that they get a good night's sleep only a few nights a month or less often.⁶



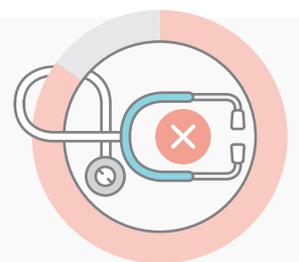
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People sleep significantly better and feel more alert during the day if they get at least 150 minutes of exercise a week.⁷



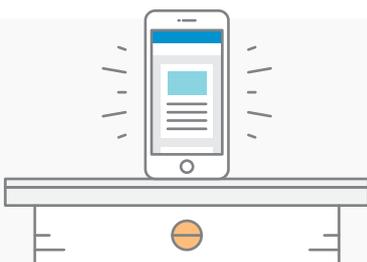
8

Sleep-deprived men and women report lower libidos and less interest in sex⁸



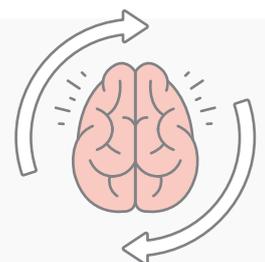
9

Electronic devices, including laptops, mobile phones, and TVs, all give off light that can interfere with your body's ability to fall asleep.⁹



10

Sleep is required for memory consolidation, so missing out on sleep can interfere with memory formation.¹⁰



Sources:

1. <http://www.webmd.com/sleep-disorders/features/10-results-sleep-loss#1> accessed Feb 2016
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632337/> accessed Feb 2016
3. http://www.health.harvard.edu/newsletter_article/Sleep-and-mental-health accessed Feb 2016
4. Sivertsen B, et al. J Sleep Res. 2014;23(2):124-132
5. Golub, R. M. (2012). "Insomnia". JAMA: The Journal of the American Medical Association. 307 (24): 2653-2653

6. Sleep Foundation Survey 2007 (Women and Sleep)
7. <https://sleepfoundation.org/sleep-news/study-physical-activity-impacts-overall-quality-sleep> accessed Feb 2017
8. <http://www.webmd.com/sleep-disorders/features/10-results-sleep-loss#1> accessed Feb 2017
9. <http://www.webmd.com/a-to-z-guides/discomfort-15/better-sleep/keeping-you-up> accessed Feb 2016
10. <http://universityhealthnews.com/daily/memory/lack-of-sleep-side-effects-the-link-between-sleep-deprivation-brain-damage-and-memory/> accessed Feb 2017



5 tips for achieving sleep wellness

1 Avoid electronic activities (mobile phones, TV, online games) 90 minutes before bedtime¹

2 Stick to a regular bedtime each night, including weekends²

3 Avoid caffeine (e.g. coffee, tea, soft drinks, chocolate) close to bedtime.³

4 Enjoy a relaxing bath or shower prior to bedtime^{4,5}

5 Create a sleep environment that is dark, quiet, comfortable and cool.³

Sources:

1. Sleep Foundation Survey, 2011
2. C.A. Espie Insomnia: conceptual issues in the development, persistence, and treatment of sleep disorder in adults *Annu Rev Psychol*, 53 (2002), pp. 215–243
3. <https://sleepfoundation.org/sleep-topics/caffeine-and-sleep/page/0/1> accessed Feb 2016

4. Nighttime drop in body temperature: a physiological trigger for sleep onset?
5. Insomnia Remedy News: Studies Give Tips for Better Sleep

