Getting Quality Sleep (Especially In These Times)

www.drmarcmilstein.com
How Are You Sleeping?
Or Like This?
How Have People Been Sleeping The Last 11 Months?
How COVID-19 lockdown has altered sleep in the US and Europe

• More sleep. (From 15 to 30 minutes more a night)

• Went to bed later.

• Less quality.

• Understandable.

Are We Missing Our Zeitgebers?
Laptop In Bed for Work or TV/Movies
Risk Factors For

Seriousness Of Sleep

- Diabetes
- Depression
- Heart disease
- Hypertension and obesity
- Cancer
- Dementia
Interesting Study on Common Cold Virus

• Those who reported good sleep quality and sleep duration of at least 7 hours?

Take Out The Garbage?
While you are sleeping your brain shrinks by 60% and squeezes toxins out of your brain cells and gets a wash!

Sleep Drives Metabolite Clearance from the Adult Brain
Lulu Xie et al. Science 18 October 2013: Vol. 342 no. 6156 pp. 373-377
Over The Counter Sleep Aids

Do Not Feel Bad

• Nearly 60 percent of adults report having sleep problems

• Americans filled 60 million prescriptions for sleeping pills last year

[Source: National Sleep Foundation]
The Secret Is In Your Brain
Your Clock?

Circadian Clock/Rhythm
To Fall Asleep

- Darkness
- Eyes Sense
- Clock
- Melatonin
- Sleep
To Wake Up

Light → Eyes Sense → Clock → Melatonin → Wake Up
Clock Reset?
Every Morning
When Home During The Day:
Length of Process

- Darkness
  - Activates Eyes
  - Clock
    - Melatonin
      - Sleep
If You are Doing This
Does It Matter If Your Brain Clock Goes Out Of Sync?
Daylights Savings
Does It Matter?

• More frequent traffic accidents and workplace injuries when we spring forward and lose an hour of sleep.

• Heart issues? Stroke?

• Judge rulings?

The Master Clock
Schedule those Zeitgebers:

• Set a wake-up time.
• Morning walk.
• Shower and get dressed even if not leaving the house.
• Eat meals at the same time.
• Block off consistent time to exercise and work.
• **Bedtime:** Pick a time to turn off lights and go to bed.

• Don’t have to do all of these but just experiment with some...
E-Readers vs. Books?

The Blue Light

Darkness

Activates Brain Clock

Melatonin

Sleep
Pete Sampras
Simple Solution
Resetting The Brain Clock?
Go Camping?

Not Glamping
Sleep is NOT Just Rest!
The Sleep Cycle Is

Light Sleep

Deep Sleep

REM Sleep (Dream)

Entire Cycle takes about 90 minutes

Repeat
You First Enter **Light Sleep**

***Lasts About 20 to 30 Minutes***
Is It Easier To Fall Asleep In A Cooler Room Or A Warmer Room?  What else?

Deep Sleep

Have You Ever Been Woken Up And You Don’t Know Where You Are?
What Is Happening In Deep Sleep?

- Immune System Repair
- Blood Supply to Muscles Increases
- Tissue Growth and Repair Occurs
- Energy is Restored
- Hormones are Released, such as: Growth hormone
Deep Sleep Is Beauty Sleep
REM Sleep and Dreaming
REM Signaling: Turn Brain On, Turn Body Off
What Happens If You Aren’t Paralyzed During REM State?
You Act Out Your Dreams: REM Sleep Behavior Disorder
Important Point:

You Return to Light Sleep Throughout The Night

What Does this Mean?
Sleep Tip: Sleep Anxiety Over A Normal Process
The Sleep Cycle Is

Entire Cycle takes about 90 minutes

Light Sleep
Deep Sleep
REM Sleep (Dream)
Repeat
To Nap Or Not To Nap?
Napping

Less Than 30 Minutes Or a Full 90 Minutes Is Best

WHY?

– LIGHT SLEEP
– DEEP SLEEP
– REM SLEEP (DREAM)
– REPEAT
60% Of Sleep Problems Are Stress Related

USC study of sleep and mindfulness
SLEEP TIP
Your Brain Is A Pattern Machine
Practical Before Bed Tips

- Light stretching
- Boring reading
- Soft relaxing music
- Breathing exercises
- Mindfulness exercises
- Sleep diary
Bad Idea
Should You Lie In Bed When You Can’t Sleep?
Thanks and wishing you a healthy week with great sleep....
Slides
Sleep Trackers?  
Exercise and Sleep

• 5 days a week, 30 minutes a day.

• Can just be 30 minutes of walking a day.

• Boost in serotonin. Helps regulate brain clock.

• When???
How Much Sleep Do I Need?
Questions

• Caffeine
• Alcohol
• Melatonin
Caffeine?

Take note of what has caffeine
Food and Sleep?

1. Robert S. Thompson, Rachel Roller, Agnieszka Mika, Benjamin N. Greenwood, Rob Knight, Maciej Chichlowski, Brian M. Berg, Monika Fleshner. Dietary Prebiotics and Bioactive Milk Fractions Improve NREM Sleep, Enhance REM Sleep Rebound and Attenuate the Stress-Induced Decrease in Diurnal Temperature and Gut Microbial Alpha Diversity. Frontiers in Behavioral Neuroscience, 2017; 10 DOI: 10.3389/fnbeh.2016.00240

1. Jianghong Liu, Ying Cui, Linda Li, Lezhou Wu, Alexandra Hanlon, Jennifer Pinto-Martin, Adrian Raine, Joseph R. Hibbeln. The mediating role of sleep in the fish consumption – cognitive functioning relationship: a cohort study. Scientific Reports, 2017; 7 (1) DOI: 10.1038/s41598-017-17520-w
Sleep Apnea