



Regal, Lakeside, and ADOC Medical Groups present: **The Importance of Sleep**

Did you know the average healthy American spends 1/3 of his/her life asleep? This equates to approximately seven hours of sleep per night. Are you getting enough sleep?

Sleep plays a vital role in your overall physical health. Ongoing sleep deficiency can increase risk of kidney disease, high blood pressure, stroke, and diabetes. Here's some valuable information to help you increase your overall health by getting a good night's sleep:

Types of Sleep

Sleep is divided into two basic types: rapid eye movement (REM) and non-REM. Typically, you will experience non-REM sleep over three stages before entering REM sleep.

Non-REM Sleep	REM Sleep
Stage 1: Light sleep; easily awakened; blood pressure decreases.	<ul style="list-style-type: none"> • Occurs about 90 minutes after you fall asleep. • Dreaming occurs. • Limbs are temporarily paralyzed. • Brain strengthens memory and replenishes mood-related chemicals.
Stage 2: Eye movements stop; muscle activity decreases; metabolic functions slow down.	
Stage 3: Body repairs tissues and builds bone; immune system rejuvenates.	

What Does Sleep Do for You?

Learning and Memory

Recent studies reveal that people remember more of what they learned during the day if they get a good night's sleep. It is also important to get enough rest the night before a mentally challenging task, rather than sleeping for a short period or waiting to sleep after the task is complete.

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Healthy Tips for You!

Healthy Tip #1

Set a sleep schedule. Try to go to bed at the same time every night and wake up at the same time every morning, even on weekends.

Healthy Tip #2

Avoid caffeine. Coffee, chocolate, and non-herbal teas act as stimulants, so they may affect your ability to go to sleep at the right time.

Healthy Tip #3

Relax before bed. Set up a bedtime routine that gets you in a relaxed state. Lower the lights, and do a calm activity that you enjoy such as leisurely reading or soaking in a warm bubble bath.

Heart Health

Sleep gives your heart and vascular system a much-needed rest. During non-REM sleep, your heart rate and blood pressure slow. During REM sleep, in response to dreams, your heart and breathing rates rise and fall. These changes throughout the night can promote cardiovascular health.

Your Hormones

During sleep, your body creates cytokines – cellular hormones that help the immune system fight various infections. In a recent study, sleep-deprived volunteers given the flu vaccine produced less than half as many flu antibodies as volunteers who were well rested.

Common Sleep Disorders

If you have trouble getting to sleep, experience problems sleeping through the night, or if you're often tired during the day, you may have one of the following common sleep disorders:

Insomnia – People with insomnia have difficulty falling and/or staying asleep.

Sleep apnea – Symptoms include short pauses in breathing while sleeping. If not treated, sleep apnea can lead to problems such as high blood pressure, stroke, or memory loss.

REM Sleep Behavior Disorder (RBD) –

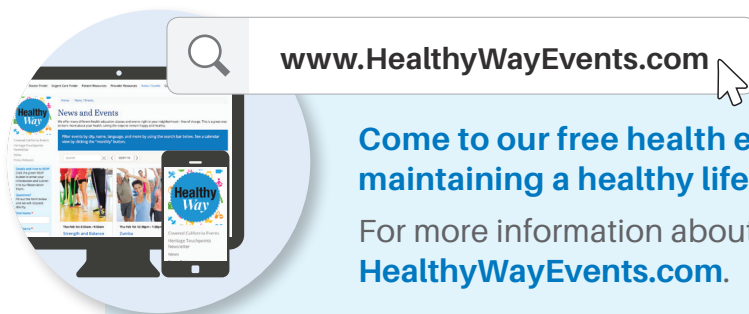
The paralysis that normally occurs during REM sleep is incomplete or absent, allowing the sleeper to “act out” their dreams.

Narcolepsy – People with narcolepsy experience uncontrollable episodes of falling asleep during the daytime.

Signs of Sleep Disorder

Here's a glance at common signs of sleep disorder. Talk to your doctor if you have any of them on three or more nights a week:

- It takes more than 30 minutes to fall asleep at night.
- You awake frequently in the night, then you have trouble falling back to sleep.
- You have sudden muscle weakness when you are angry or fearful, or when you laugh.
- You feel as if you can't move when you first wake up.
- You regularly need stimulants to stay awake during the day.
- You don't feel well rested despite getting at least 7 hours of sleep at night.



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“Importance of REM Sleep – The Non-Boring Benefits.” Essentia. N.p., 12 Dec. 2016.