

# Sleep Hygiene

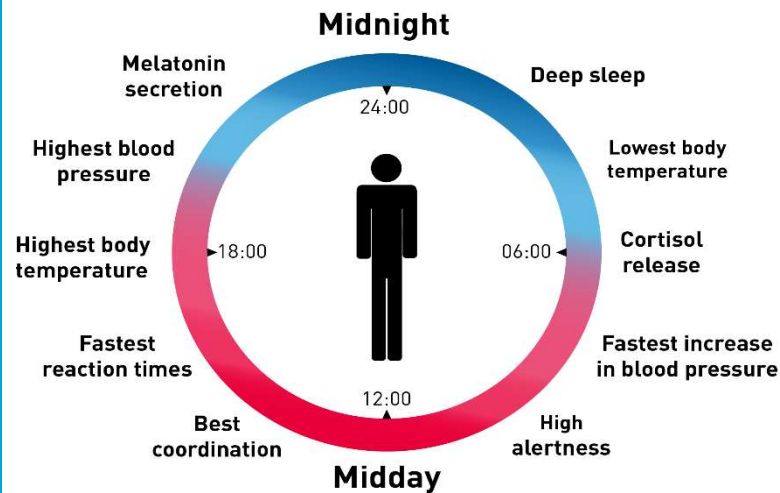
Sleep works like hunger it builds throughout our day. Sleep pressure can build or be high. The longer you stay awake the more you want to sleep due to the accumulation of adenosine (sleep chemical) in the brain. If we don't get enough sleep our sleep pressure can remain high or if we nap at intervals in the day our sleep drive can fluctuate or we may find it difficult to sleep later on.

## Body clock

Our body clock creates our circadian rhythm, which sets the timing of our sleep. We all have times during the day when we feel sleepier or more alert this is our 'circadian rhythm'.

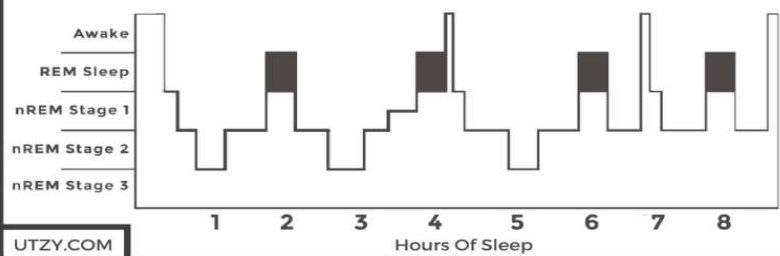
For example for the average person (goes to sleep at 11pm and wakes at 7am) between 2-4 is our post lunch dip, which is when we naturally feel more sleepy. Then we get our evening peak at about 7pm which rapidly declines. What is interesting is that our low point is at 5am, biologically we are at our worst which has been overlapped with car crash data!

## The Circadian Rhythm Cycle



## Sleep Cycle

Stages of a Normal Sleep Cycle



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**S1:** 5% - **S2:** 40~50% **S3:** 10~20% **REM:** 20~45%

- S1-3 are important for energy conservation and restoration
- REM sleep is important for memory, learning and emotional processing/mood regulation

## Importance of Sleep

- Sleep is what we call interdisciplinary which means it effects every aspect of health
- Sleep can affect pain & mood and mood can affect pain
- One night of total sleep deprivation is enough to increase pain responsivity
- Sleep also has a profound effect on cognition

When we sleep it is normal to wake, everyone does we just don't want to stay awake for too long. These are also known as sentry points as we dip in and out of deep and light sleep so we are able to respond to threats at an evolutionary level

Adequate sleep helps our bodies to recover and is important to allow our body to work optimally. We empathise with individuals who suffer from chronic pain conditions as this can impact them when trying to get comfortable and therefore their sleep suffers, causing a vicious cycle.