

Best of Me Workshops

Part III

Expanding your Journey to Health and Success



Your presenters

- Lynne Marshall
- Dr. Michael Schmolke
- Guest Speaker – Nicki Butcher

- Our goals for our evening...



Foundations of Health: Guide your life wheel journey



Sleep



The 33 percent problem

- We spend 33% of our lives sleeping. What is the quality of that sleep?
- An estimated 25% of people suffer from sleep problems or challenges
- Are there biomechanical concerns with sleep?
- Are there overall health affects related to lack of sleep?
- Sleep is one of the fastest growing health concerns in the US and Canada



The Sleep Challenge

- Approximately 22% of NA population have chronic insomnia
- Approximately 25% of NA population regularly use some form of sleep aid (Prescription Drug)
- There are different types of challenges, including sleep onset, sleep sustaining, and early interruption, all producing sleep deprivation



Some well known factors

- Noise and light in bedrooms
- Backlit screens, EMF radiation from E devices
- Alcohol, caffeine intake
- Pain, psychological stress, anxiety
- Poor sleeping surfaces



Lack of sleep can cause..

- Diabetes
- Strokes
- Fibromyalgia
- Alzheimer's
- Depression
- Immune system disorders
- Delayed healing, increased rate of aging!



Shift work can increase health risks

- Increased likelihood of obesity and cardiovascular disease.
- Higher risk of mood changes.
- Increased risk of gastrointestinal problems, such as constipation and stomach discomfort.
- Higher risk of motor vehicle accidents and work related accidents or errors on the job.
- Increased likelihood of family problems, including divorce.
- Shift workers with diabetes can experience difficulties in controlling with their blood sugar levels.



Shift workers have special needs

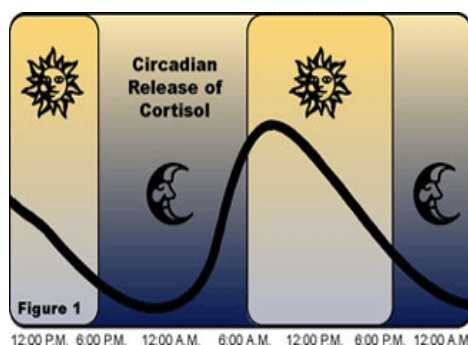
- Studies in the UK have found that, compared with day workers, shift workers :
 - suffer 2 to 5 times the rate of stomach disorders;
 - are 40% more likely to suffer from cardiovascular disease;
 - suffer from peptic ulcers at an earlier age;
 - suffer more from anxiety and depression;
 - are more likely to die younger.

Why?



Normal daily rhythms

- Our daily rhythm is in sync with the earth and light – dark cycles. In humans this rhythm is called our **Circadian Rhythms**.



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Why are healthy sleep patterns and habits so important?

- Disruption of the Circadian Clock
 - At night body prepares for sleep by lowering temperature and changing hormonal balances
- Sleep Deprivation
 - In the morning body raises temperature makes it difficult for night workers to fall asleep

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The Stages of Sleep Cycle

- 4 Non REM (Rapid Eye Movement) sleep stage
- 1 REM sleep stage
- NREM I > II > III > IV > REM > IV > III > II = 1 cycle
- In Stages III and IV – HGH and PRO are released



What you can do?

- Develop a sleep routine—read a book, drink warm milk, or listen to music - that tells your body it's bedtime.
- Make your bedroom as dark as possible.
- Nap. It will help you maintain alertness and top up your sleep hours. But NOT more than two hours or you risk confusing the body.



What can you do?

- Tailor meals for your schedule:
 - low fat carbohydrates to help you sleep
 - lean proteins to help you stay awake.
- Limit caffeine intake to early in shift only or never
- Melatonin, a natural human hormone, is believed by some researchers to aid in sleep and decrease the severity of symptoms associated with shift work.
- 5-Hydroxytryptophan helps sleep state deepen.



What else you can do

- Drink lots of water
- Avoid excessive use of antacids, tranquilizers and sleeping pills
- Avoid strenuous exercise before sleeping because your body's metabolism will remain elevated for several hours and this makes sleeping difficult
- Have a good bed, good pillow, and dark room



Socially what you can do

- Keep in touch with spouse and children daily
- Socialize with other shift workers and their families; this helps to minimize the disruption that shift work can have on your social life
- Schedule at least one daily meal with the family
- Try to prioritize tasks and tackle one at a time



National Sleep Foundation tips

For staying alert on the job and for sleeping

Here are some of their suggestions:

- Try to exercise during breaks.
- Talk with co-workers while you work and try to work with a "buddy."
- Take short breaks throughout your shift to use the employee lounge, take a walk, or climb stairs.
- Try to eat three normal meals per day. Eat healthy snacks, avoiding foods that may upset your stomach.
- If you consume caffeine (coffee, tea, soda, energy drinks, gum, mints), do so early in the shift, such as before 3 a.m. for the night worker.
- Don't leave the most tedious or boring tasks to the end of your shift when you will probably feel the most sleepy.
- Exchange ideas with your colleagues on "coping" with the problems of shift work.
- It's a good idea to avoid exercising before going to bed, because exercise raises energy and your body temperature. You should exercise at least three hours before sleeping.

