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**FDLP ACADEMY WEBINAR
November 14, 2018**



A Good Night's Rest:
Government resources
can teach you about
adequate sleep habits



SLEEP: CAN'T LIVE WITHOUT IT



Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep – and getting enough of it at the right times -- is as essential to survival as food and water. Without sleep you can't form or maintain the pathways in your brain that let you learn and create new memories, and it's harder to concentrate and respond quickly.

Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other.

In fact, your brain and body stay remarkably active while you sleep.

Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake.

Everyone needs sleep, but its biological purpose remains a mystery.



<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>



Getting enough sleep is not a luxury—it is something people need for good health.



Insufficient sleep has been linked to the development and management of a number of chronic diseases and condition

Drowsy driving is a major problem in the United States.

Adults need 7 or more hours of sleep per night for the best health and wellbeing

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

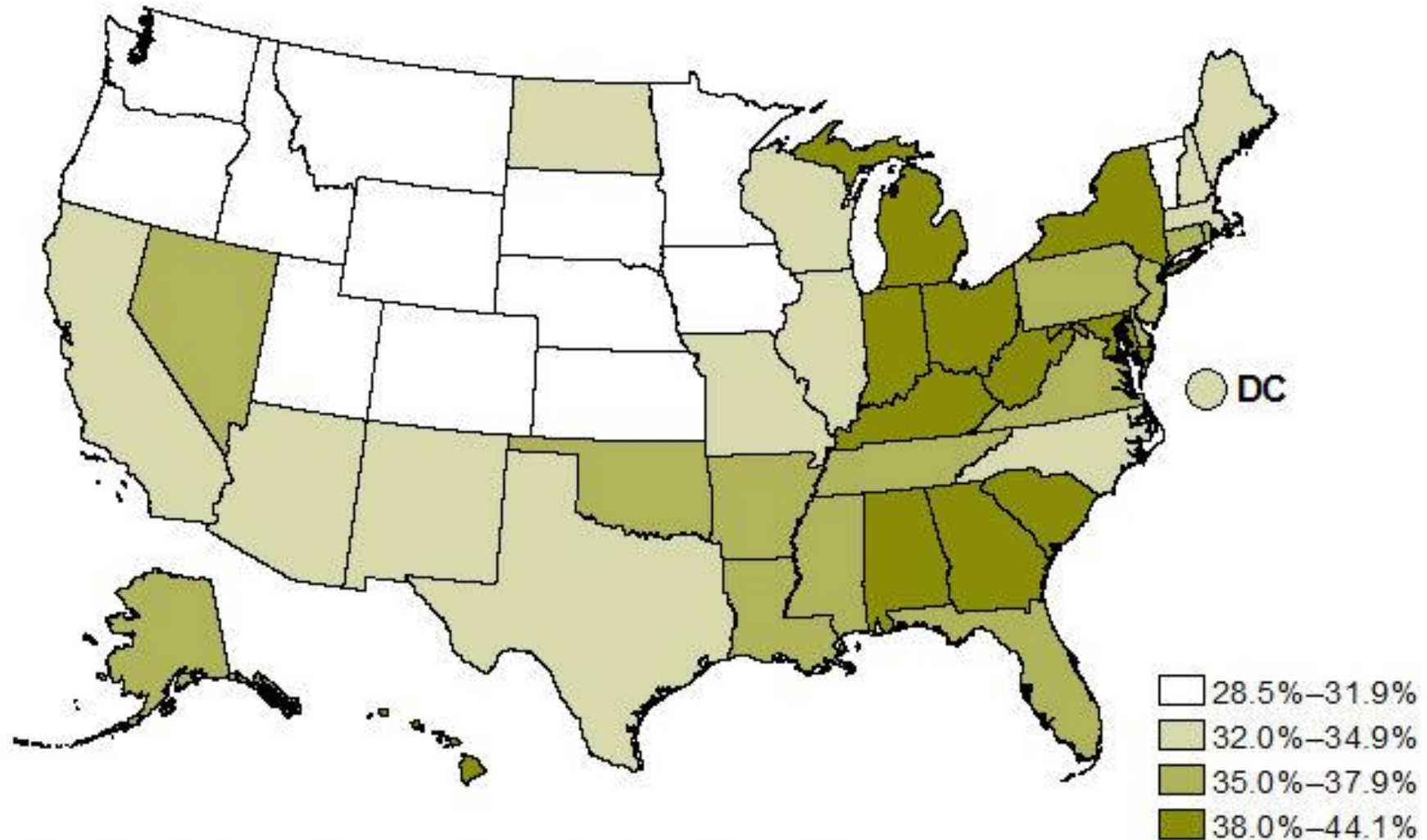
<https://www.cdc.gov/sleep/index.html>

How Much Sleep Do I Need?

	Age Group	Recommended Hours of Sleep Per Day
Newborn	0–3 months	14–17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
	4–12 months	12–16 hours per 24 hours (including naps) ²
Toddler	1–2 years	11–14 hours per 24 hours (including naps) ²
Preschool	3–5 years	10–13 hours per 24 hours (including naps) ²
School Age	6–12 years	9–12 hours per 24 hours ²
Teen	13–18 years	8–10 hours per 24 hours ²
Adult	18–60 years	7 or more hours per night ³
	61–64 years	7–9 hours ¹
	65 years and older	7–8 hours ¹

https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

Age-Adjusted Prevalence of Short Sleep Duration (<7 hours) Among Adults Aged ≥ 18 Years, by State, United States, 2014



Source: CDC. Behavioral Risk Factor Surveillance System 2014.

Key Sleep Disorders

Insomnia

Narcolepsy

Restless Legs Syndrome (RLS)

Sleep Apnea

https://www.cdc.gov/sleep/about_sleep/key_disorders.html



Sleep and Chronic Disease

Diabetes

Obesity

Cardiovascular Disease

Depression



https://www.cdc.gov/sleep/about_sleep/chronic_disease.html

SLEEPING WELL:

The Most Important Things You Can Do To Promote Good Sleep



EAT HEALTHY

Eat a balanced diet with a variety of whole foods and plenty of pure water throughout the day.



MODERATE ALCOHOL USE

Make last call at least 3 hours before bed as alcohol affects both REM and slow wave sleep.



GET EXERCISE

Regular moderate exercise helps boost energy and supports more restful sleep.



GET REGULAR SUNLIGHT

Spend some time in the sun early in the day and work near a window to support your internal clock.



KEEP A REGULAR SLEEP SCHEDULE

Consistency is helpful for regulating circadian rhythms and staying well-rested.



TIME CAFFEINE RIGHT

Caffeine lasts up to 12 hours in your body, meaning consuming it after lunchtime could affect sleep.



SET YOUR BEDROOM FOR SUCCESS

Use a supportive and comfortable mattress, keep rooms cool and dark, and give electronics the boot.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night



Drive alert and stay unhurt.

Drowsy driving is a major problem in the United States. The risk, danger, and sometimes tragic results of drowsy driving are alarming. Drowsy driving is the dangerous combination of driving and sleepiness or fatigue.

The Warning Signs of Drowsy Driving

1. Yawning or blinking frequently.
2. Difficulty remembering the past few miles driven.
3. Missing your exit.
4. Drifting from your lane.
5. Hitting a rumble strip.



https://www.cdc.gov/sleep/about_sleep/drowsy_driving.html

What is Drowsy Driving?

Operating a motor vehicle while fatigued or sleepy is commonly referred to as “drowsy driving.”

The Impact of Drowsy Driving

Drowsy driving poses a serious risk not only for one’s own health and safety, but also for the other people on the road.

The National Highway Traffic Safety Administration estimates¹ that between 2005 and 2009 drowsy driving was responsible for an annual average of:

- 83,000 crashes
- 37,000 injury crashes
- 886 fatal crashes (846 fatalities in 2014)

These estimates are conservative, though, and up to 6,000 fatal crashes each year may be caused by drowsy drivers.

How Often Do Americans Fall Asleep While Driving?

- Approximately 1 out of 25 adults aged 18 years and older surveyed reported that they had fallen asleep while driving in the past 30 days.^{5,6}
- Individuals who snored or slept 6 hours or less per day were more likely to fall asleep while driving.⁵



**SLEEP SMART.
DRIVE SMART.**
DROWSY DRIVING KILLS

SLEEP AND CHILDREN



A good night's sleep is essential to children's health, development, and performance in school.

Inadequate sleep in children leads to moodiness, behavioral problems, and problems learning in school

Setting boundaries around electronics use, enforcing sleep related-rules and setting a good example helps children get more sleep.

- Avoid placing TVs and computers in the bedroom.
- Place phones on silent or remove them from the bedroom.
- Keep the sleeping environment quiet, dark, and at a comfortable temperature.



<https://p3.amedd.army.mil/performance-learning-center/sleep/sleep-and-children>

SLEEP AND TEENS

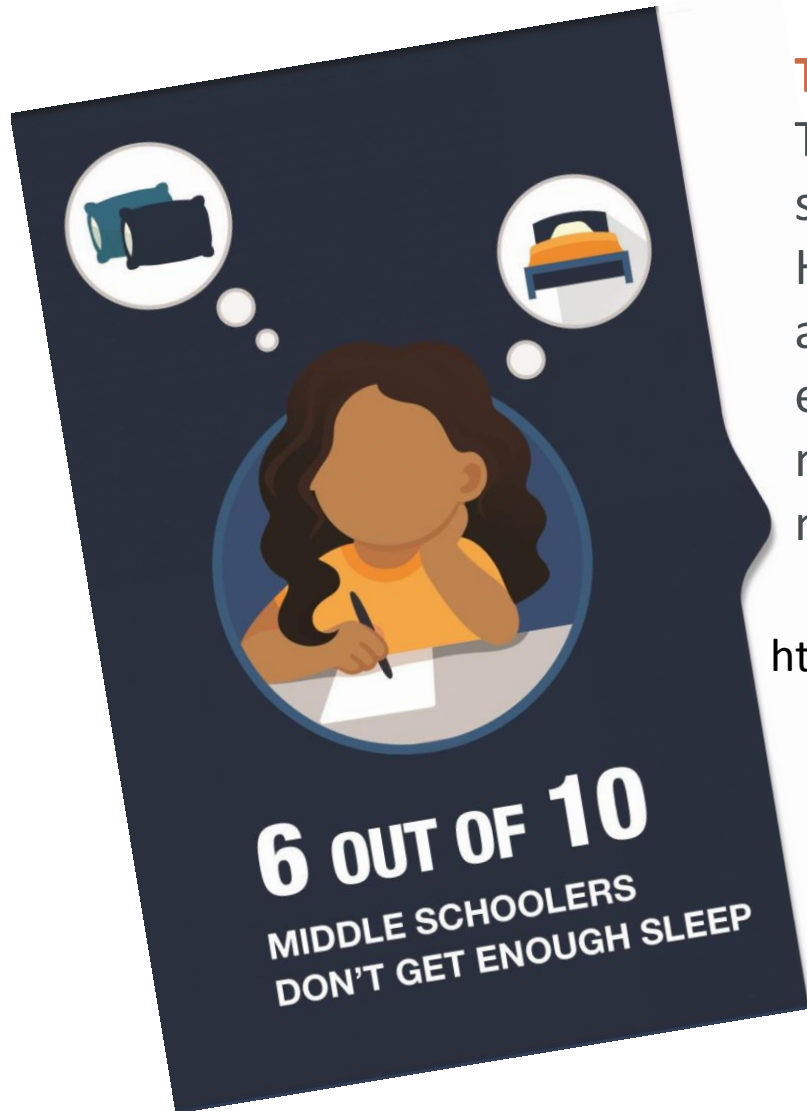
Teens and sleep

Teens have unique challenges for getting adequate sleep during the school week and need 9 or more hours of sleep every 24 hours. However, most get less than 9 hours because of the choices they make and biologic factors. Not only do teens have multiple social and extracurricular activities or work, but their circadian rhythm shifts, making it more difficult for them to go to sleep until later at night and making it more difficult for them to awaken early in the morning.

<https://p3.amedd.army.mil/performance-learning-center/sleep/sleep-and-children>

Not getting enough sleep is common among high school students and is associated with several health risks including being overweight, drinking alcohol, smoking tobacco, and using drugs, as well as poor academic performance.

<https://www.cdc.gov/features/school-start-times/index.html>



SLEEP RESOURCES FROM THE GOVERNMENT



[Sleep and Aging](https://www.nia.nih.gov/health/good-nights-sleep)

<https://www.nia.nih.gov/health/good-nights-sleep>

<https://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/mental-health-and-relationship/get-enough-sleep>



<https://medlineplus.gov/healthysleep.html>

<https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>



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Healthy Sleep - Multiple Languages



[Arabic \(العربية\)](#)

[Japanese \(日本語\)](#)

[Russian \(Русский\)](#)

[Chinese, Simplified \(Mandarin dialect\) \(简体中文\)](#)

[Karen \(S'gaw Karen\)](#)

[Somali \(Af-Soomaali\)](#)

[Chinese, Traditional \(Cantonese dialect\) \(繁體中文\)](#)

[Korean \(한국어\)](#)

[Spanish \(español\)](#)

[Farsi \(فارسی\)](#)

[Nepali \(नेपाली\)](#)

[Tigrinya \(tigrīññā / ትግርኛ\)](#)

[French \(français\)](#)

[Pashto \(پښتو / Paḫtō\)](#)

[Vietnamese \(Tiếng Việt\)](#)

[Hindi \(हिन्दी\)](#)

[Portuguese \(português\)](#)

HealthReach resources will open in a new window.



RESOURCES IN OTHER LANGUAGES

RESOURCES IN OTHER LANGUAGES



LOS 6 BENEFICIOS DEL SUEÑO

Razones para dormir bien

- 1** Incrementa la creatividad 
- 2** Ayuda a perder peso 
- 3** Te hace estar más sano 
- 4** Mejora la memoria 
- 5** Protege el corazón 
- 6** Reduce la depresión 

<https://medlineplus.gov/spanish/healthysleep.html>

Dormir bien

Otros nombres: Dormir saludablemente, Sueño saludable

<https://medlineplus.gov/spanish/ency/patientinstructions/000559.htm>

Problemas para dormir durante el embarazo

<https://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/ucm126362.htm>

Problemas del sueño

<http://bit.ly/1Mtyx1W>



Government agency sleep videos



CDC WHRC Sleep Story: Make Sleep a Priority

<https://www.youtube.com/watch?v=imwnk-6selc>

CDC WHRC: Make Wellness Your Business: Sleep Strategies for the Workforce

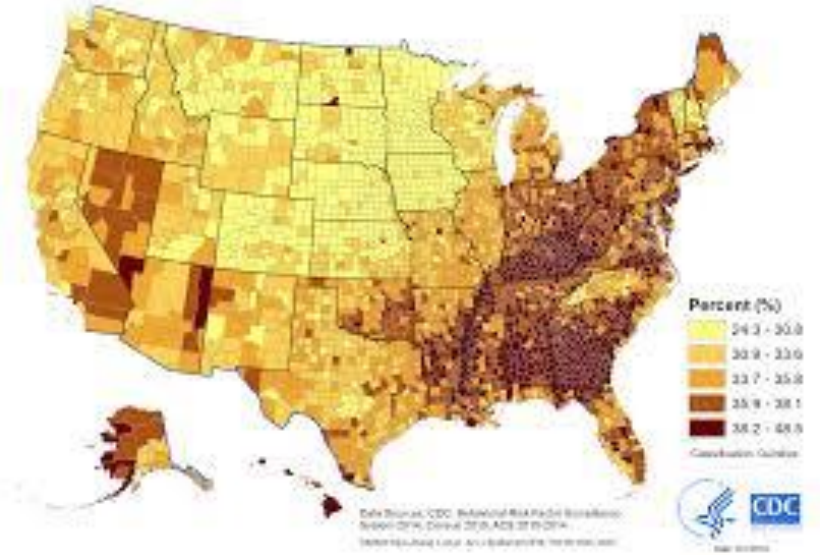
<https://www.youtube.com/watch?v=iwEzA4Xh7Zo>



Daylight Saving Time Preparedness Tips - Use Your Extra Hour

https://www.youtube.com/watch?v=e_7yuAu7C_8

STATE AND LOCAL GOVERNMENT RESOURCES ON SLEEP



<http://www.vdh.virginia.gov/safe-sleep/resources/>

http://www.floridahealth.gov/programs-and-services/womens-health/pregnancy/13_2015-title-v-brief-safe-sleep-final-11-06-2014.pdf

http://dshs.texas.gov/mch/pdf/safe_sleep_spanish.pdf

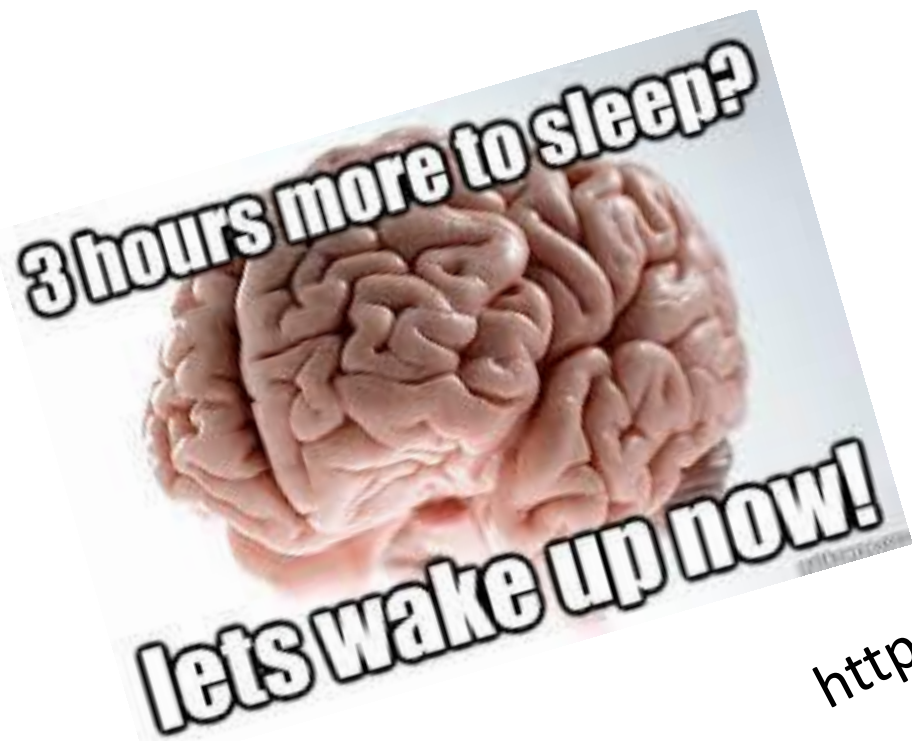


Serendipity

[tps://www.cdc.gov/workplacehealthpromotion/index.html](https://www.cdc.gov/workplacehealthpromotion/index.html)

Searchable, research-based tools and resources to help employers develop or expand a workplace health promotion program that supports their employees' physical, mental, emotional, and financial well-being.





<https://www.cdc.gov/sleep/index.html>

LET'S GO LIVE

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep>

<https://medlineplus.gov/healthysleep.html>

<https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>



- Thank you for not sleeping



La felicidad de vivir,
esta en dormir bien

scraper.net



Sleep...

...Your brain will thank you

DearKidLove.com