

# How did the week go for you?

Did you use any strategies for healthy eating?

What positive impacts did you notice from using new tools and strategies?

# Coping with COVID Burnout

## 7-part Webinar Series

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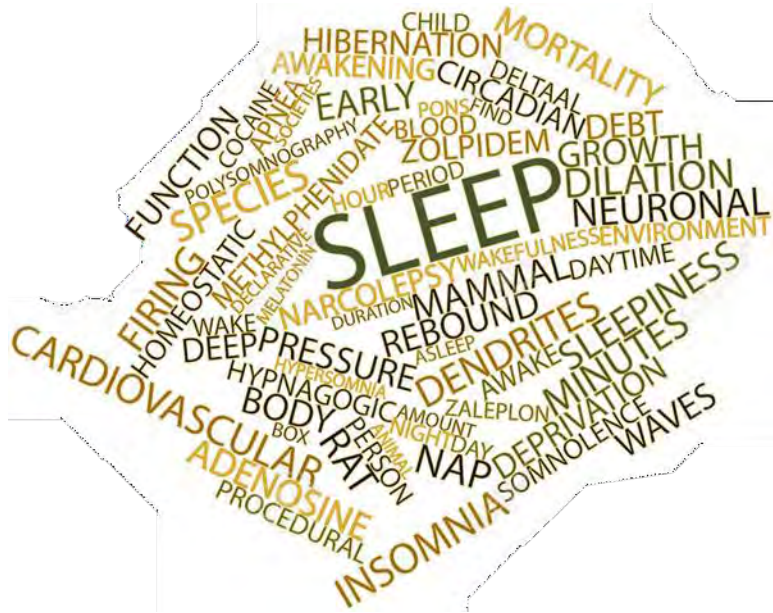
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## Sleep: The What, Why, and How!

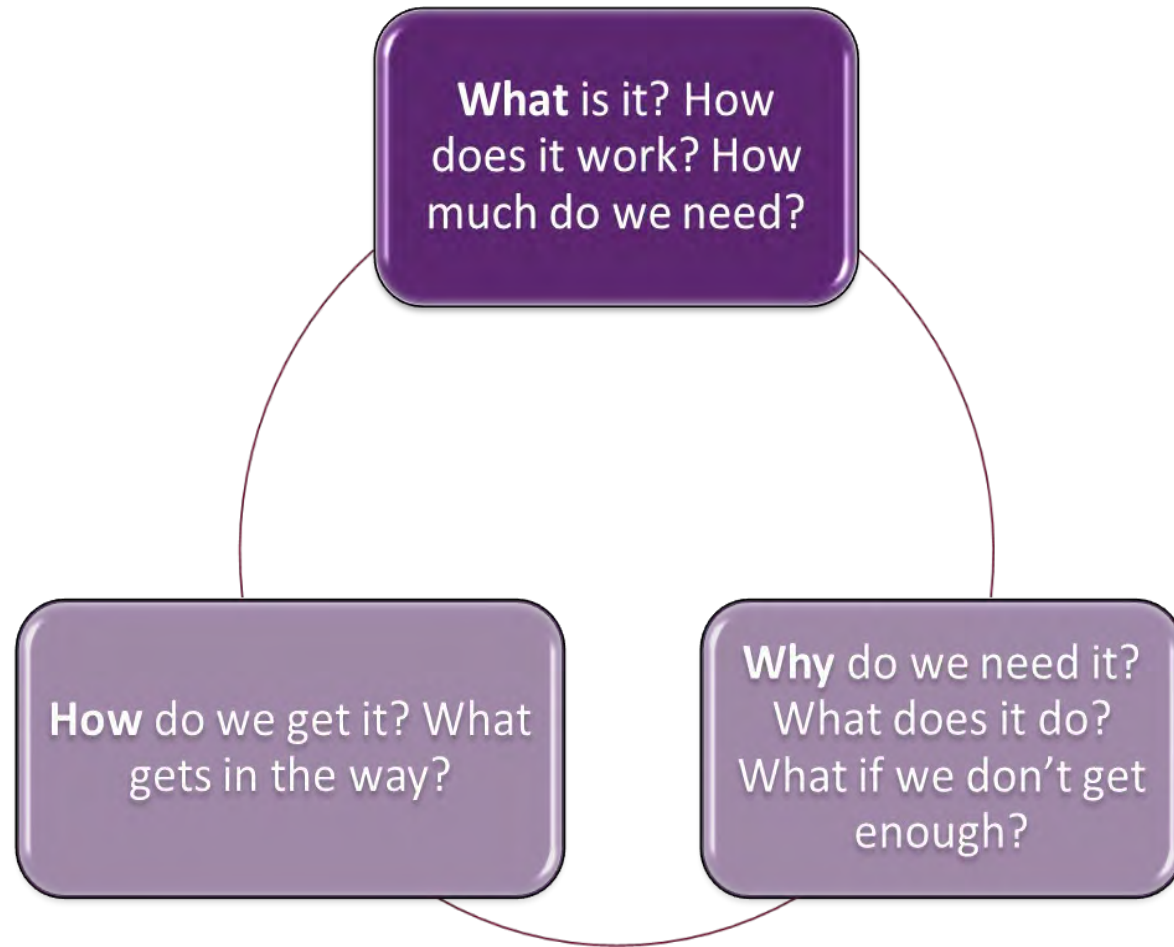
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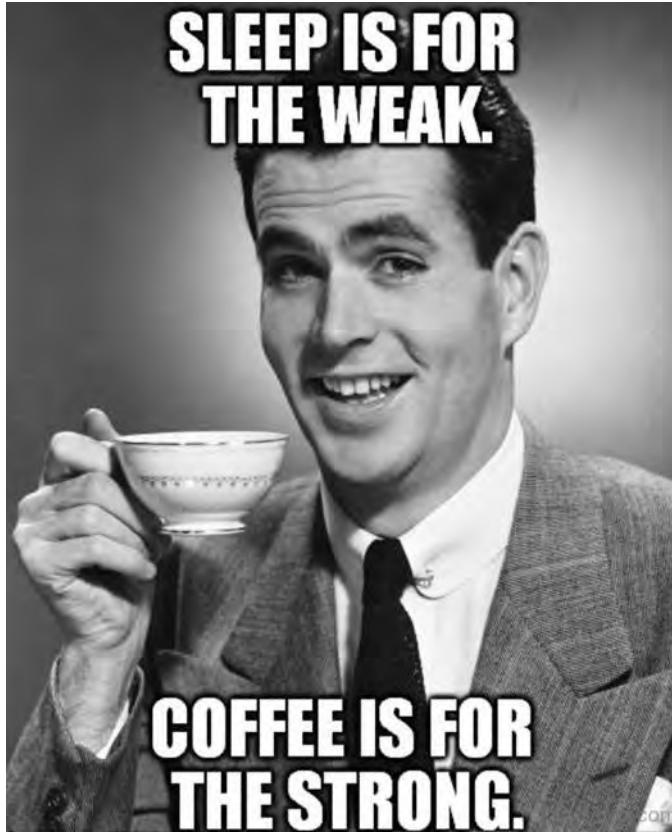
- **Information Disclaimer**

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# Sleep: What, Why, How?



# What is your Sleep Mindset?

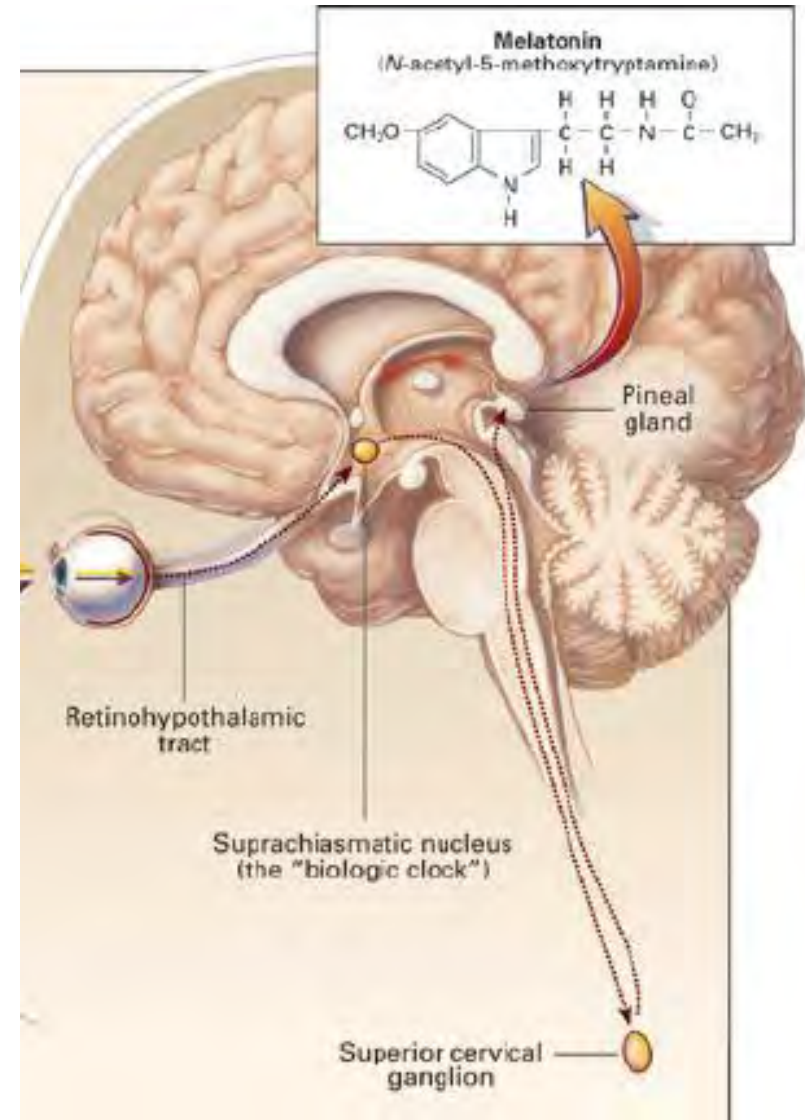
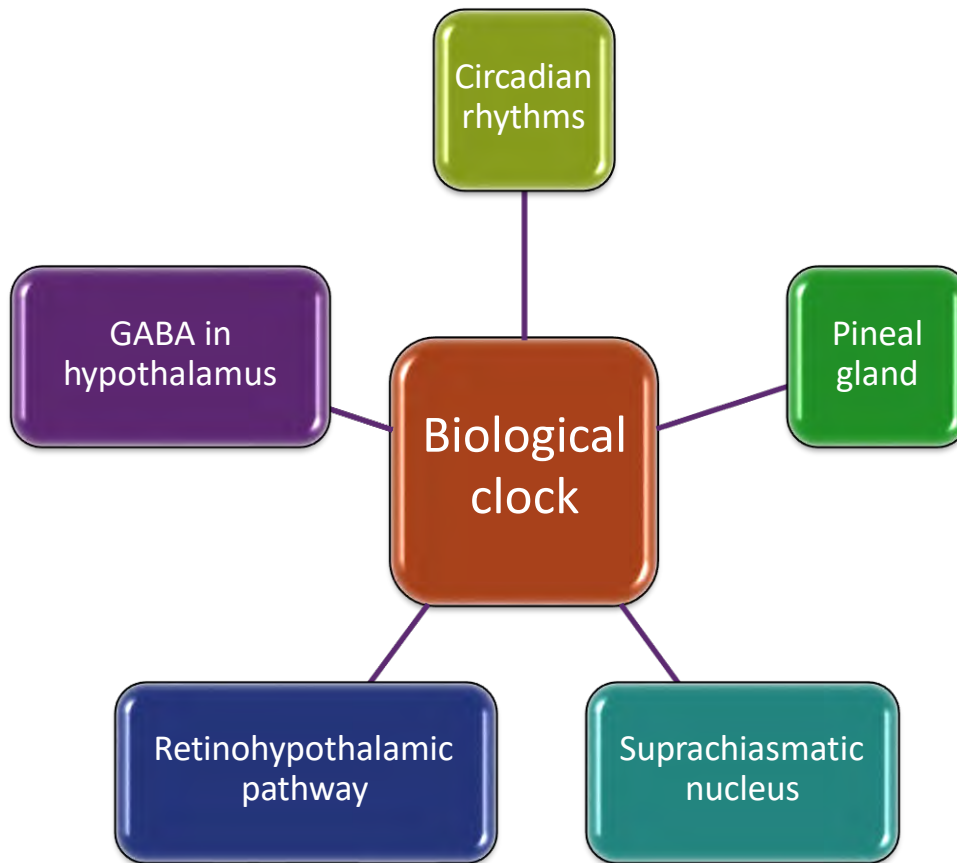




- Sleep is a physiological behavior common in all animal species.
- Sleep is a state where awareness to environmental stimuli is reduced.
- Sleep is different from states of coma, hibernation and death by the fact that it can be rapidly reversed.

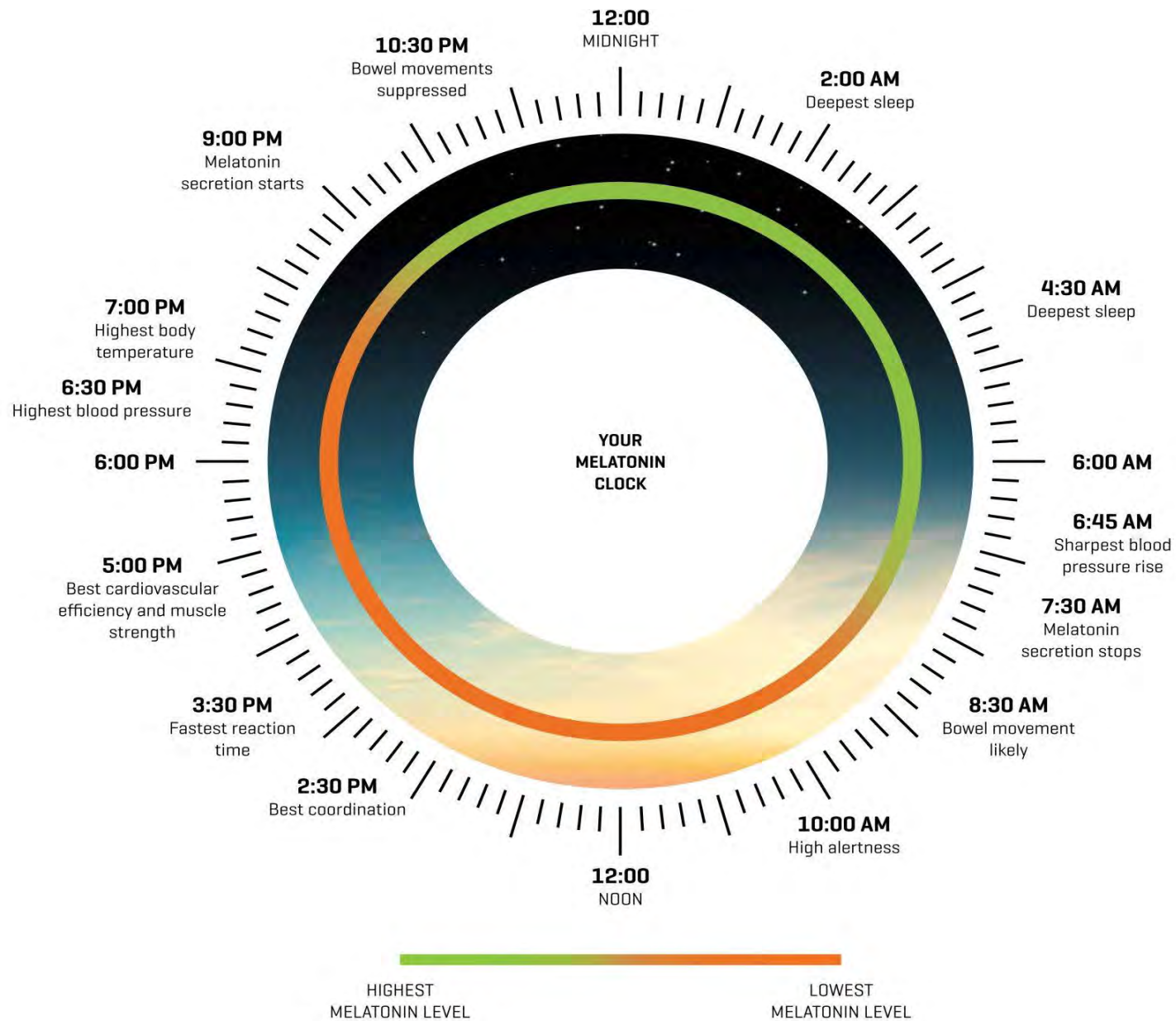


# What causes us to sleep?

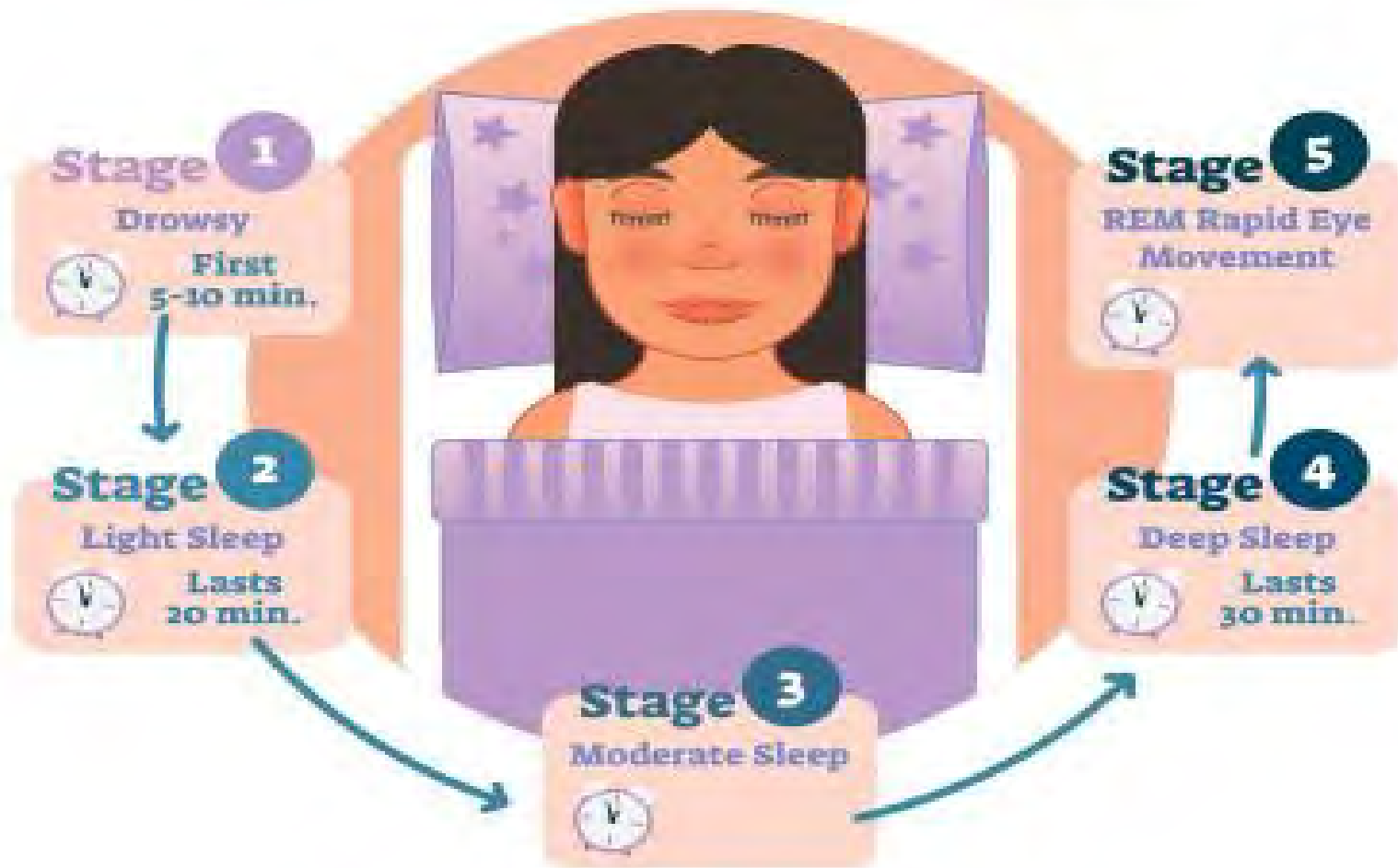




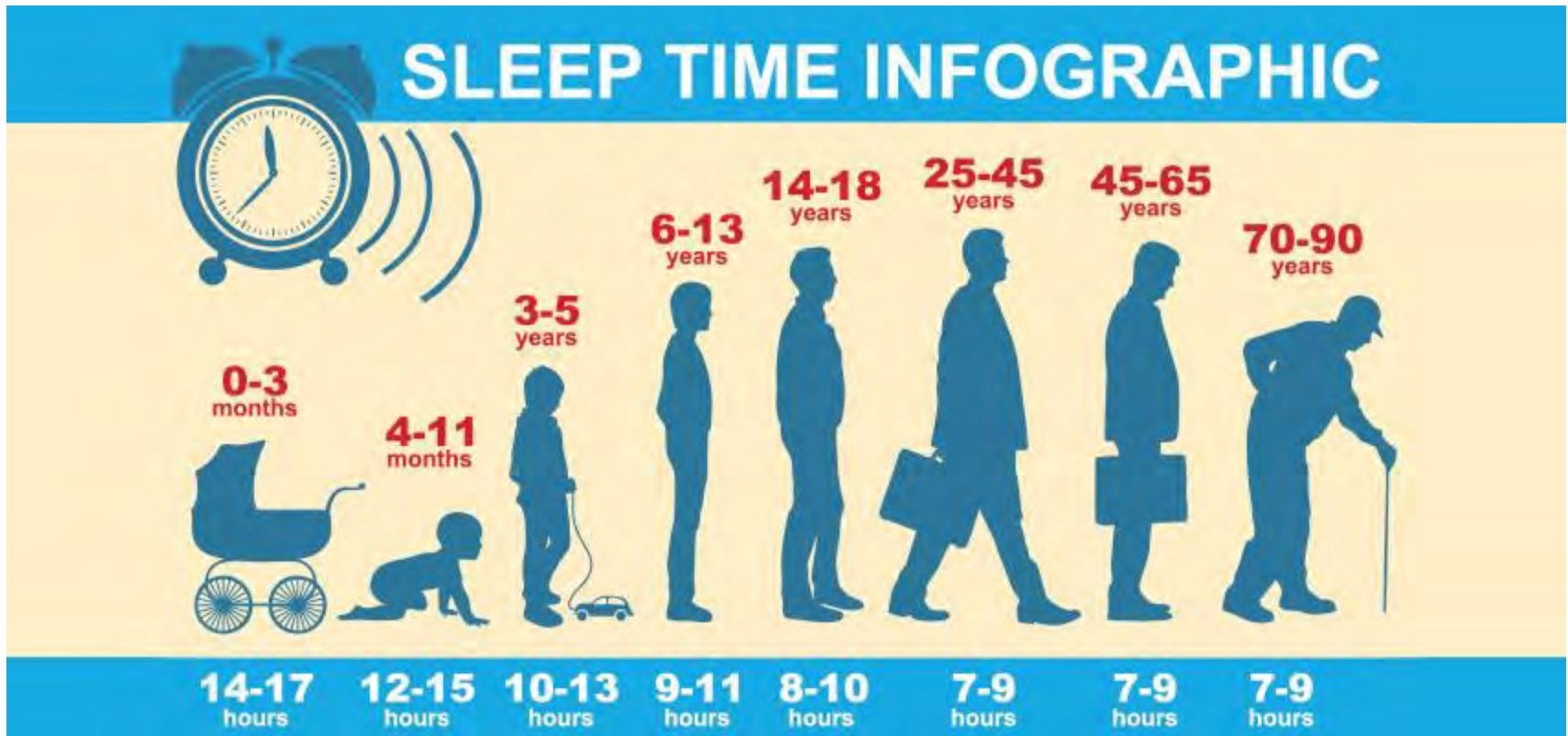
# Circadian Rhythms in Humans



# SLEEP CYCLE



# How long do we need to sleep?



# Napping

Around the age of 5 we shift from a biphasic sleep pattern to a monophasic sleep pattern, in which all sleep occurs at night

Napping in the daytime may be recommended for those with short nighttime sleep duration, older adults, and people with sleep disorders

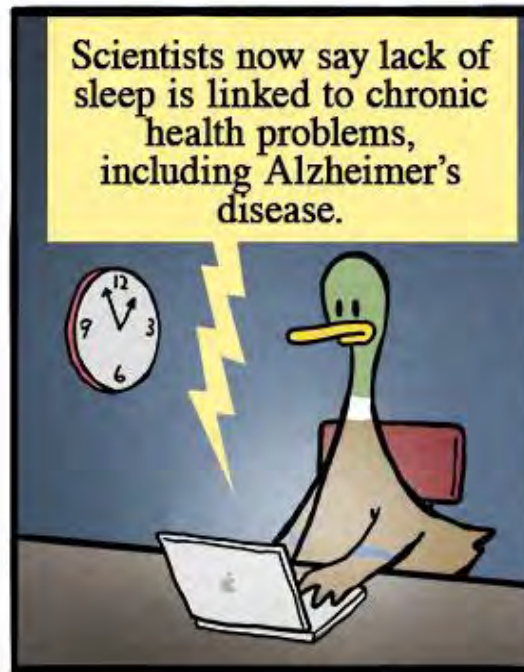
Optimal duration of daytime naps is between 10- and 30-minutes.

Individuals with shift work issues may benefit from 40-minutes to 2-hours

The optimal time for a nap is in the afternoon hours and for shift workers is at the halfway point between their waking hours



# Sleep and Health



# What does a lack of sleep do?

Alters sympathetic nervous system activity

Impairs glucose tolerance

Alters hormone levels

Increases inflammation that impairs immune system

Increases emotional reactivity, irritability

Reduces attention and cognitive function

Reduces psychomotor speed

Increases risk of accidents and injuries

Compares to impairment of excessive alcohol consumption

Causes memory lapses or loss

Impairs moral judgement

Increases ADHD symptoms

Can lead to tremors, aches

Decreases body temperature

Increases feeling overwhelmed and symptoms of depression

Decreases sex drive



# Potential Health Effects of Lack of Sleep

Increased body weight, obesity

Poor glucose metabolism, diabetes

Increased cortisol levels

Decreased melatonin levels

Gut inflammation

Adrenal fatigue

Increased cardiovascular disease

Increased risk of certain cancers

Risk of cognitive decline and Alzheimer's



# Sleep and the Brain

During sleep, connections between brain cells undergo massive shrinkage

- Make room for new memories
- Get rid of weak memories
- Keep important memories

Brain synapses reset each night we sleep; this process cannot occur while we are awake

2 hours less sleep in one night:

Keeps brain from turning information from your day into long-term memories

Brain exhibits “local sleep” during the day in which parts of the brain fall asleep while you are awake. The person does not notice until a significant mistake or injury occurs

# The Impact of Sleep on Eating



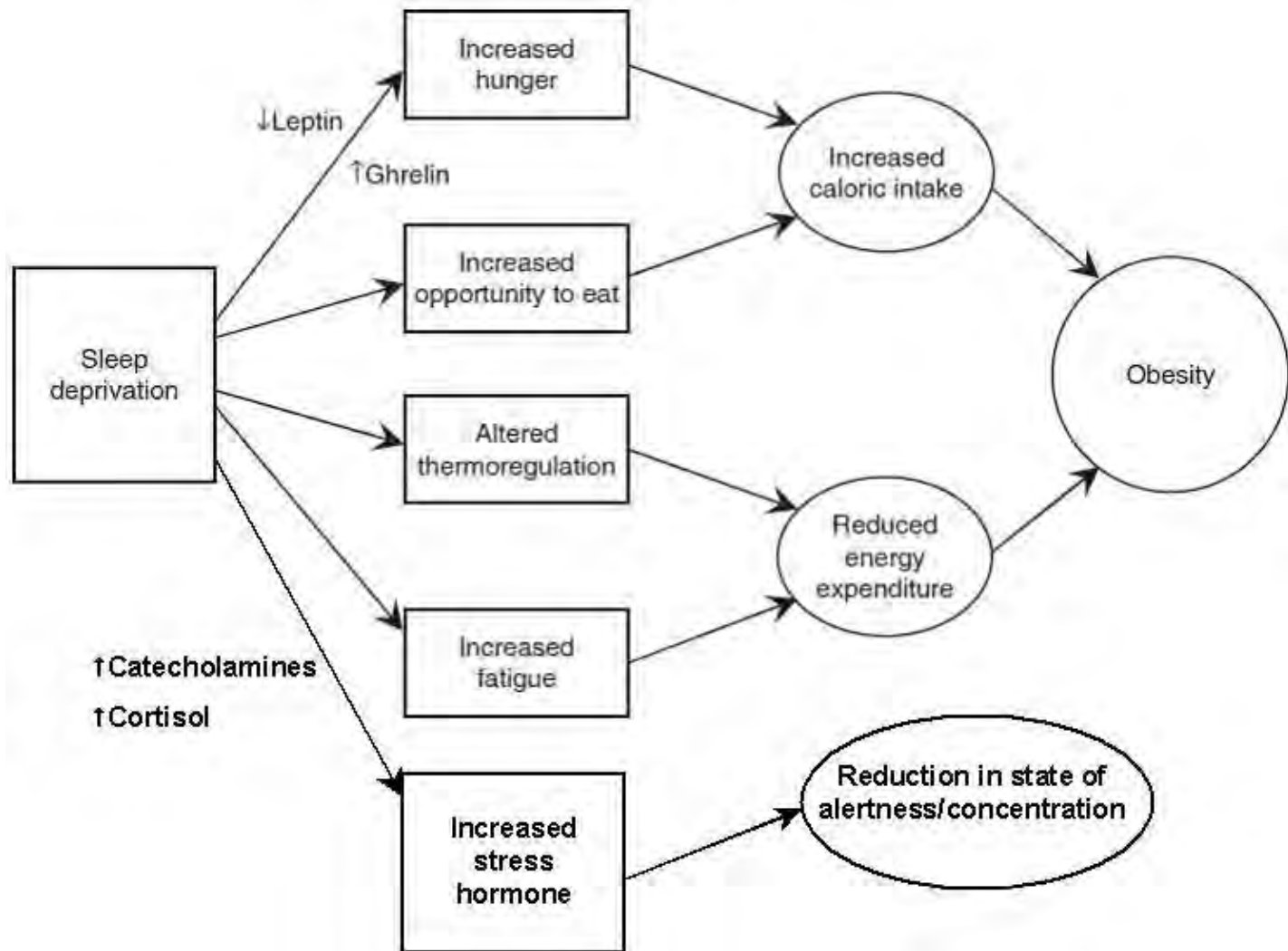
Appetite

Quantity we  
eat

Using or  
storing of  
food

Food as  
coping,  
mindless  
eating

Food or  
drinks we  
choose



# The Impact of Sleep Deprivation on Exercise

Exercise performance  
(speed, endurance, strength, reaction time)

Increased risk of injury

Too tired or unmotivated to exercise

Mindset about exercise

# Benefits of Exercise on Sleep

- Best time of day to exercise...
- Cardiovascular
  - Increases endorphins
- Yoga/Stretch/Meditation
  - Relaxation



# The Impact of Sleep Deprivation on Stress Management

Reduces  
self-  
regulation

Reduces  
emotional  
stability

Decreased  
self-  
awareness

Impaired  
cognition

*The best bridge between despair  
and hope is a good night's sleep.*

*-E. Joseph Cossman*

# Insufficient Sleep Impact on Work

Reduced task performance

Absenteeism

Workplace injuries and accidents

Car accidents

Reduced productivity

Lack of innovation

Inflexible thinking

Impaired communication

Unwillingness to try new approaches

Impaired teamwork

Unethical behavior

Decreased job satisfaction

# Sleep issues

Can't fall  
asleep

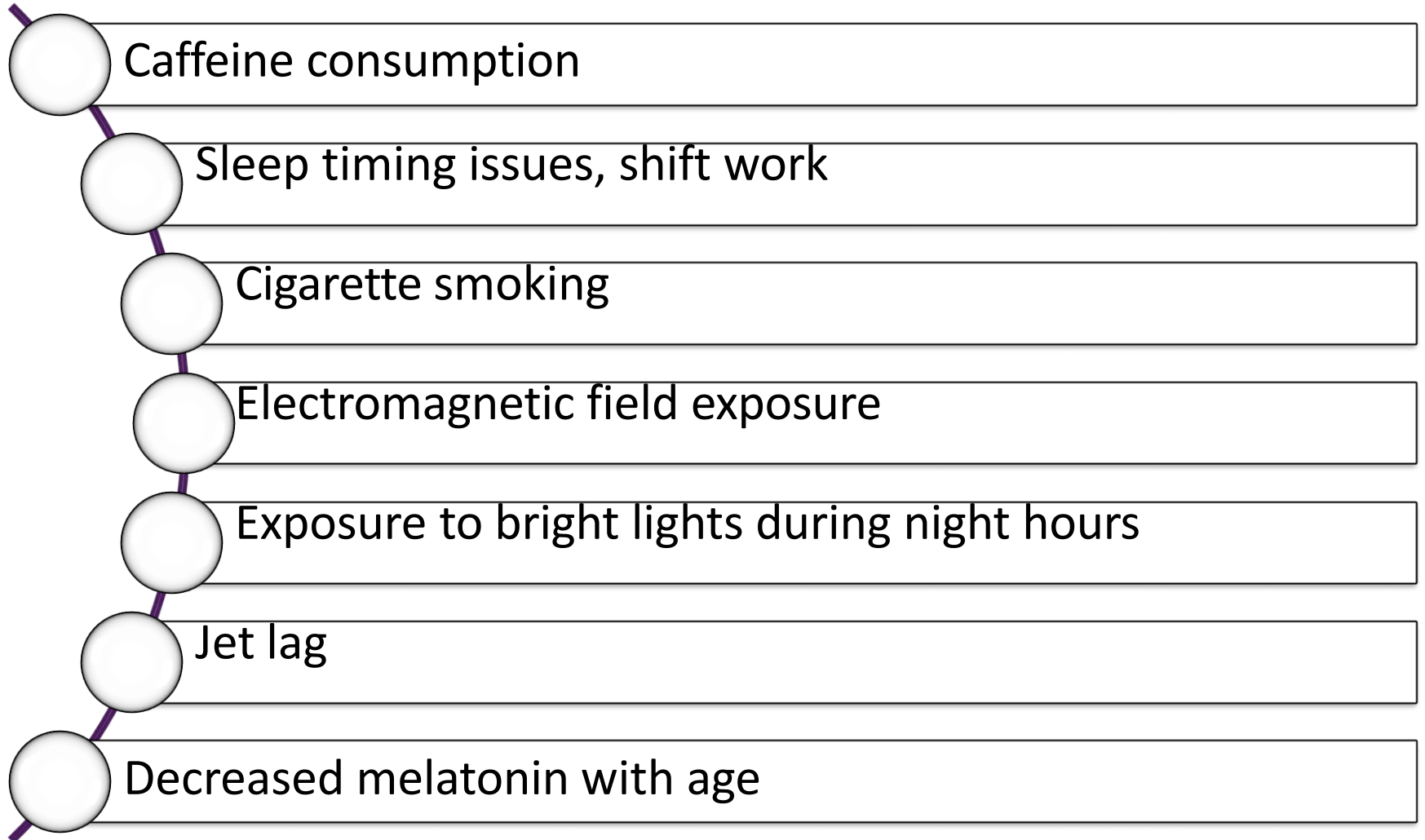
Can't stay  
asleep

Wake up  
too early

# What can lead to sleep issues?



# Circadian Rhythm Disrupters

- 
- Caffeine consumption
  - Sleep timing issues, shift work
  - Cigarette smoking
  - Electromagnetic field exposure
  - Exposure to bright lights during night hours
  - Jet lag
  - Decreased melatonin with age

# Sleep Disorders

50 to 70 million adults in the U.S. have a chronic sleep disorder

Insomnias

Sleep-related breathing disorders

Hypersomnia

Circadian rhythm sleep disorders

Parasomnias

Sleep-related movement disorders

Isolated symptoms/unresolved issues

Other sleep disorders (Shift-work sleep disorder and Jet lag)




# Better Sleep Recommendations



## Environmental

- Dark room or eye mask
- Essential oils
- White noise or earplugs
- Decrease electromagnetic frequencies, ground outlets
- Eliminate the use of electronic devices in the hours before bed
- Expose yourself to bright lights in the morning time
- Spend some time outside during daylight hours




## Emotional & Psychological

- Decrease stress
- Positivity and gratitude
- Cognitive behavioral therapy
- Relaxing music
- Mindfulness, relaxation, meditation, or sleeping apps



## Physical

- Eliminate sleep disrupters (caffeine, alcohol, diet pills, large meals)
- Exercise in the day to promote deeper sleep
- Implement breathing exercises before bed
- Don't overeat in the evening or eat heavy foods
- Add foods with high melatonin at dinner
- Lose weight
- Fix your gut if you have issues: good bacteria, food sensitivities (gluten)
- Don't exercise or elevate heart rate 2 to 3 hours before bed



## Sleep hygiene

- Create bedtime routines and follow
- Don't sleep in on weekends, stay within 1 hour of normal waking time
- Use your bed for sleeping only
- Sleep alone if possible or necessary
- Consider sleep restriction to get sleep cycle reset
- Dietary choices
- Don't stay in bed awake

# Covid-19 affects on sleep

- **Disruption of Daily Life...**
  - Changes in routine/schedule
    - Online school, quarantines, working-from-home, cancelled sports
    - difficult to adjust to a new daily schedule or lack of a schedule.
  - Keeping track of the time or day of the week
  - Being stuck at home, indoors with low levels of natural light
- **Excess screen time**
- **Family and work stress**
- **Stress related fatigue**
- **Increased anxiety**

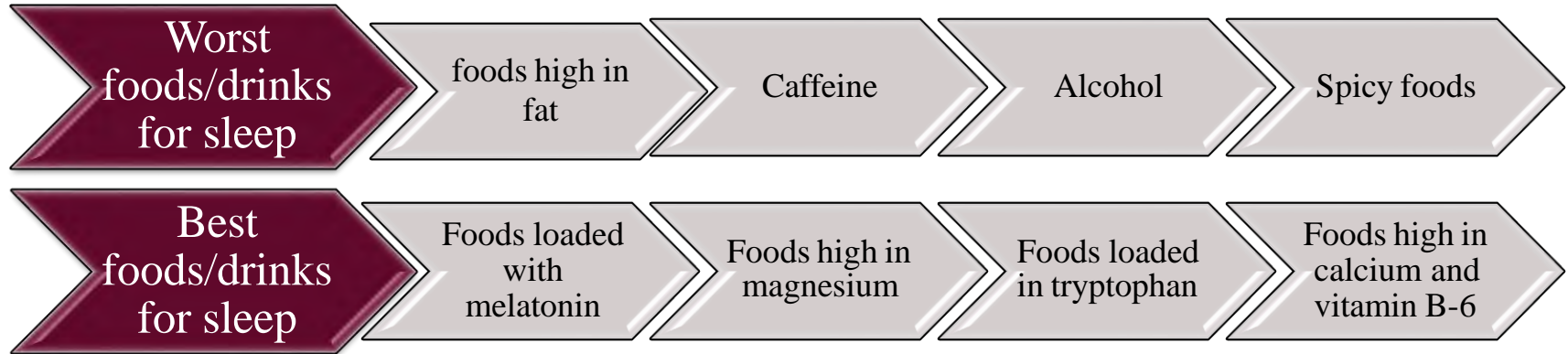
# Guidelines to Sleeping Well During the COVID-19 Outbreak

- Follow a consistent schedule/routine
- Avoid using bedroom as a work/school space
- Get outside
- Stay active
- Relaxation/meditation
- Cautious with naps
- Healthy diet

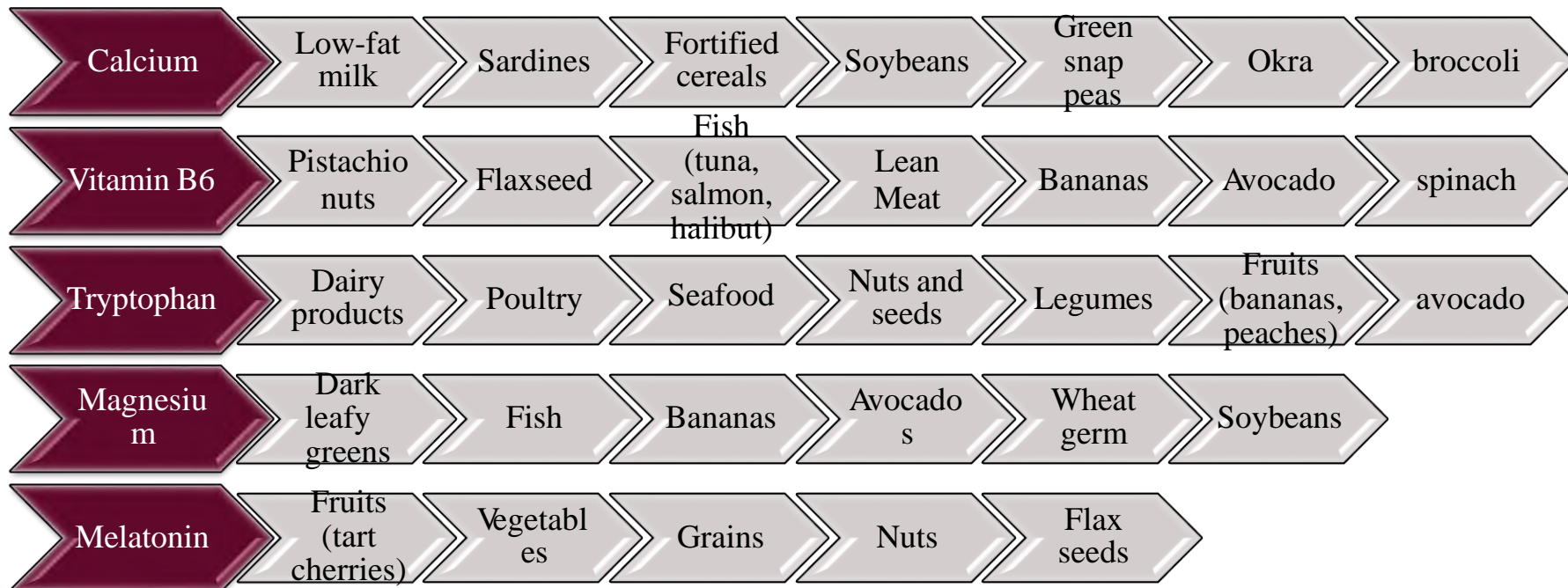
# Resources

- **NMSU ACES Response to COVID-19**
  - <https://aces.nmsu.edu/covid19/>
- **NM Crisis and Access Line**
  - Phone Number: 1-855-NMCRISIS (662-7474)
  - Website: <https://www.nmcrisisline.com/>
  - NMConnect App for iPhone and Android
- **Coping with COVID Burnout Series**
  - <https://aces.nmsu.edu/covid19/burnout.html>

# Nutrition's role on sleep







# Tired and Wired!

# HOW WELL I SLEEP



BE BOLD. Shape the Future.  
New Mexico State University  
aces.nmsu.edu

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# Session Six Survey

[https://acesnmsu.az1.qualtrics.com/jfe/form/SV\\_4GDjgUr2dYS4CH4](https://acesnmsu.az1.qualtrics.com/jfe/form/SV_4GDjgUr2dYS4CH4)

## Session Seven, March 30

*Staying Active to Prevent Burnout*

*Lourdes Olivas, MS*



Good night, sleep tight.  
Wake up bright, in the morning light.  
To do what's right, with all your might.

# Thank You!

Lourdes Olivas

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