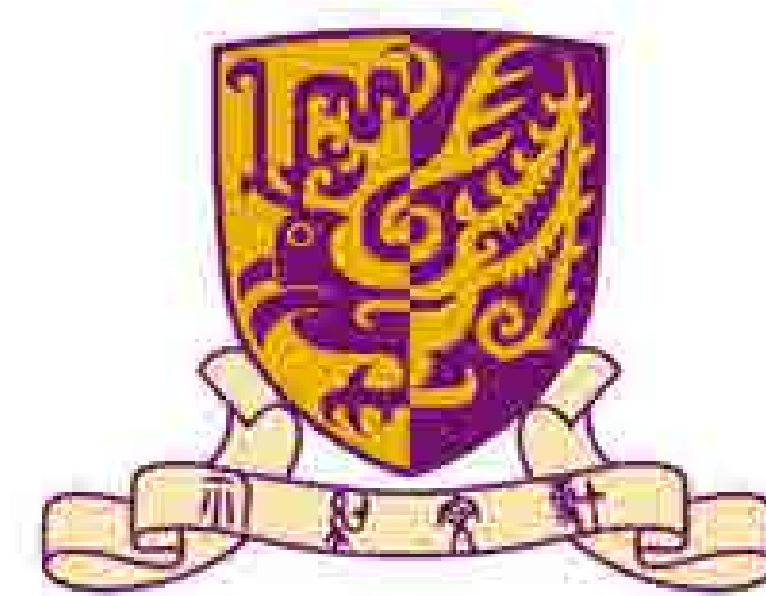


SLEEP



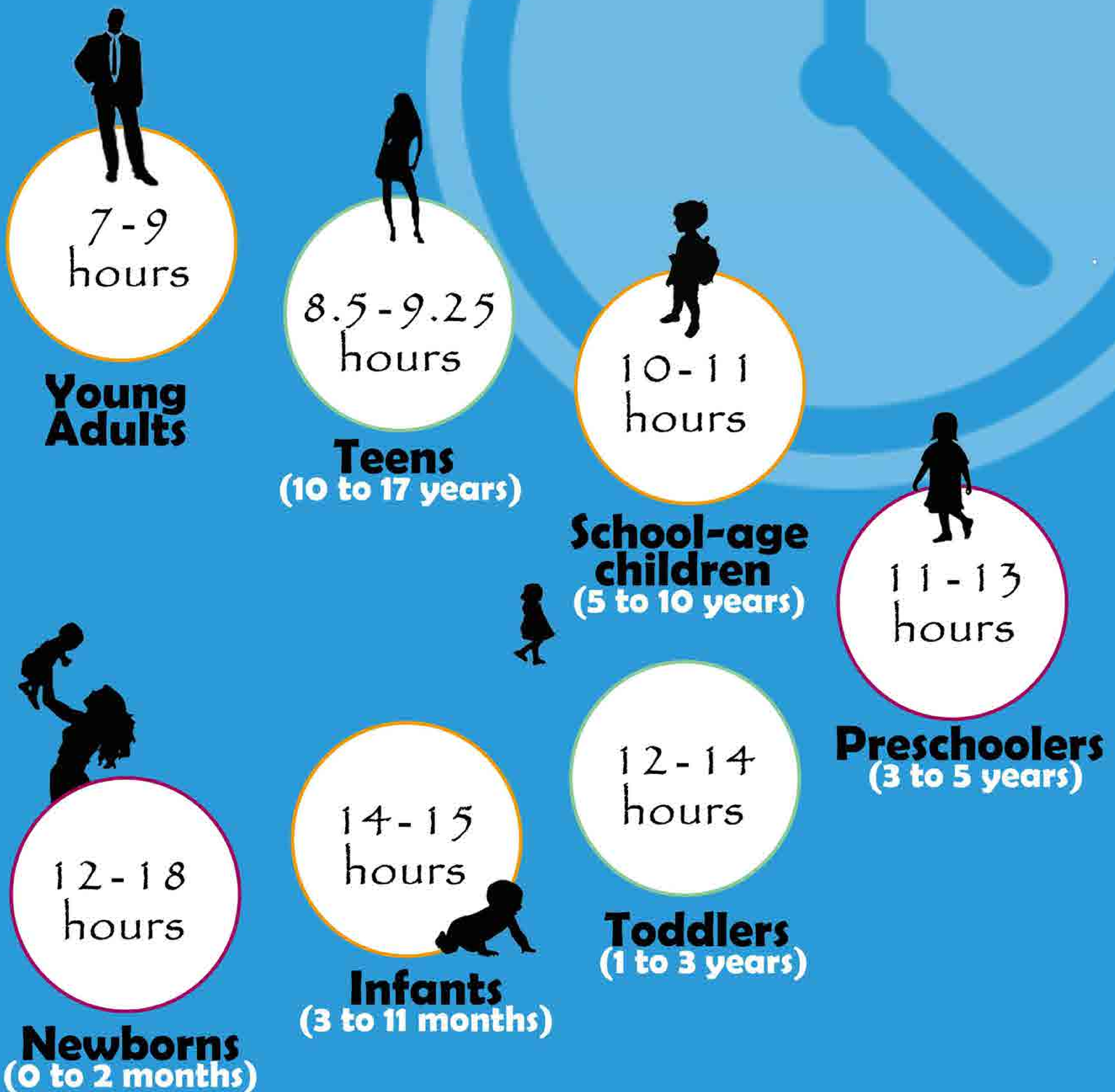
HYGIENE

Hong Kong Tertiary Institutions Health Care Working Group



★ IMPACT ★ of Sleep Deprivation

How Much Sleep Do You Really Need?






If you sleep too little...





- 
-  Obesity
 -  Diabetes
 -  Heart Problems
 -  Psychiatric Conditions

- 
-  Productivity
 -  Performance
 -  Alertness

Only sleep 4 hours

-  Fatigue
-  Irritable and emotional
-  Bodily discomfort

Not slept for 24 hours

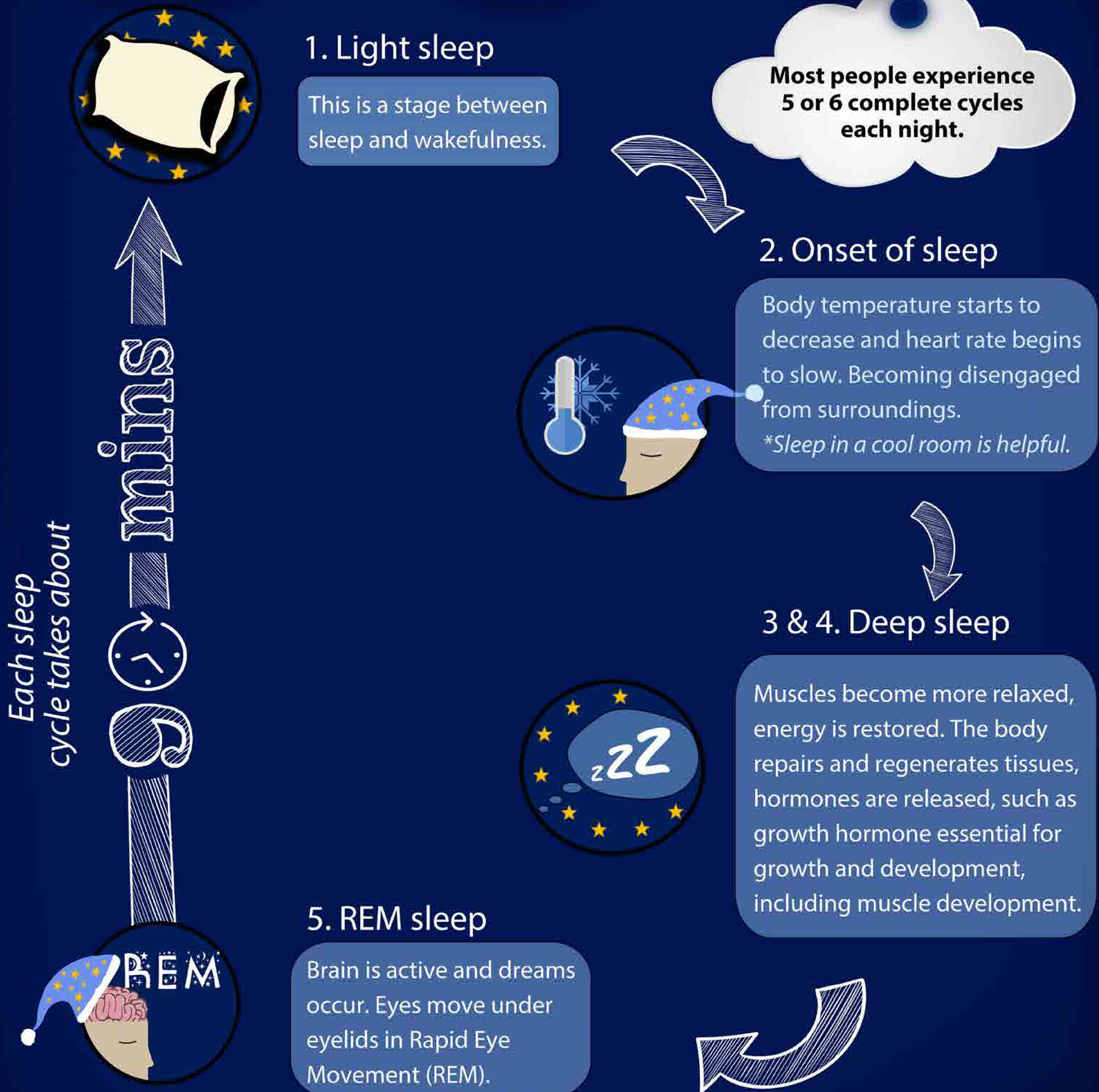
-  Slow reaction, affect decision making and performance
-  People with Mental Disorder or Epilepsy: increased risk of triggering an attack and unstable condition

If you sleep too much...



- 
-  Illness, Accidents and Death
 -  Depression

SLEEPING CYCLE



REM is characterized by quick, random movements of the eyes and paralysis of the muscles. While in REM sleep, most of the muscles become paralyzed and the activity of the brain is high, similar to the activity during wakefulness.

MYTHS



1. Make up the sleep you are deprived?

- 💡 Sleep debt can't be paid back :
Sleep deprivation can cause impairment on concentration, memory and academic performance, affect health (obesity, high blood pressure, negative mood, and decreased productivity).
- 💡 Most adults: 7-9 hours sleep per night for optimum performance, health and safety. Older people sleep less at night but they have naps in daytime.

2. Snoring is common and not harmful?

- 💡 Snoring can be a life threatening sleep disorder called sleep apnea, which is characterized by pauses in breathing that prevent air from flowing into or out of a sleeping person's airways.

3. Insomnia = difficult to fall asleep?

- 💡 Insomnia can be a symptom of a sleep disorder/medical/psychological/psychiatric problem.
- 💡 Insomnia symptoms :
waking up too early, not being able to fall asleep or fall back asleep (over one hour), frequent awakenings, and waking up feeling un-refreshed.

4. Daytime sleepiness always means insufficient sleep?

- 💡 Even getting enough sleep in night time, daytime sleepiness can be a sign of an underlying medical condition or sleep disorder such as narcolepsy or sleep apnea.
- 💡 It can be dangerous and puts a person at risk for drowsy driving, injury and illness. Also, it can impair mental abilities, emotions, and performance.

5. rests during sleep?

- 💡 Your brain remains active during sleep, and still controls some body functions including breathing.
- 💡 We drift between two sleep states, which are called Rapid Eye Movement (REM) and non-REM in 90 minutes cycles.

6. No relationship between quantity/quality of sleep and health problems?

- 💡 Insufficient sleep: growth hormone secretion (ghrelin and leptin) ↓
→ chance for weight gain ↑
→ obesity
- 💡 Interrupted sleep: hypertension and cardiovascular problems ↑

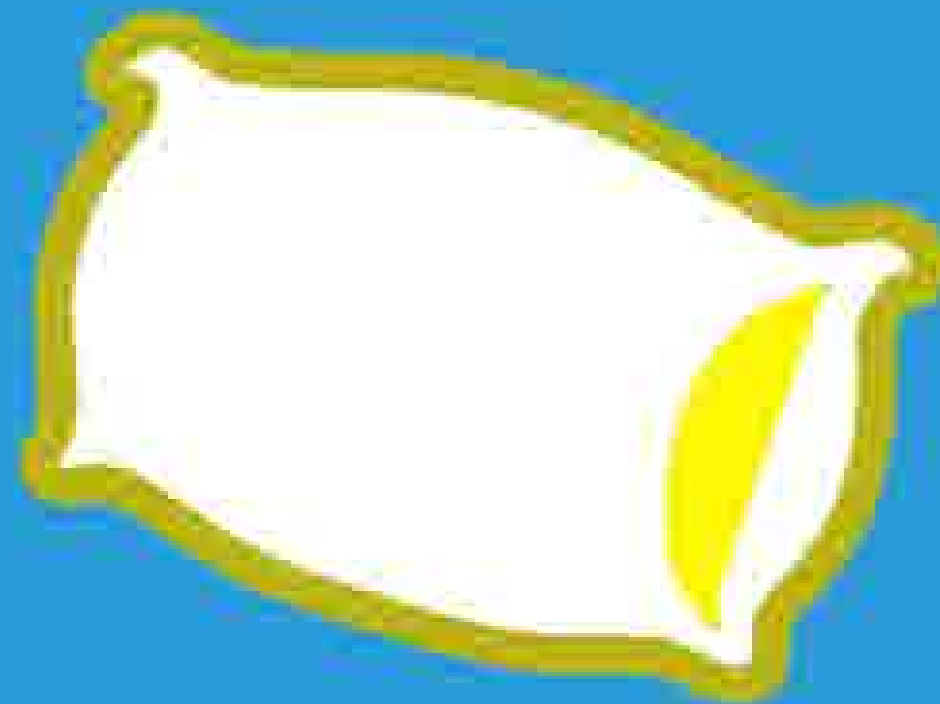
7. Keep lying in bed and counting sheeps helps if unable to fall back asleep?

- 💡 Get out of bed if you could not fall back asleep within 15-20 minutes. Do some relaxing activity such as listening to soft music. Return to bed when you feel sleepy. Avoid using computers, smartphones or other electronic devices.
- 💡 Relaxing imagery or thoughts may help to induce sleep than counting sheeps.

TIPS

for Good Quality of Sleep

Good Environment



Comfortable mattress and pillow



Turn off electronic devices



Cool room temperature



Dim lighting



Quiet

Physically and Mentally Prepare for Sleep



Avoid afternoon naps



Avoid stimulants close to bedtime



Warm bath



Warm milk



Breathing deeply in and out



Write down thoughts on paper

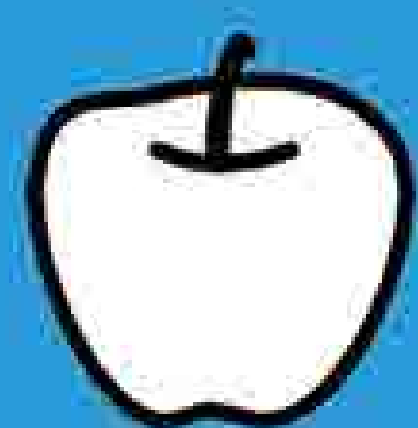


Don't bring your problems to beds

Healthy Sleep Habits



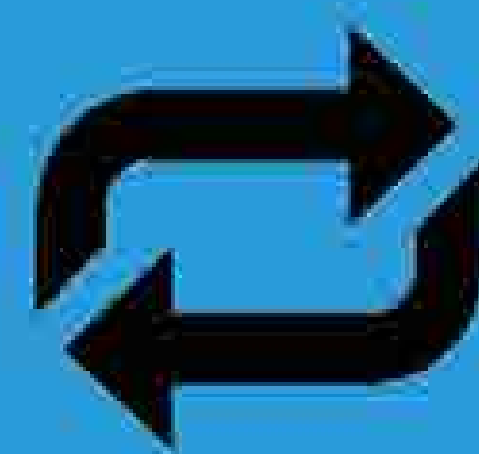
Regular exercise



Healthy diet



Associate bed with sleep



Consistent sleep - wake schedule

If you have a sleeping problem, please seek help from on-campus counsellor or doctor.