



# Tips for better sleep

---

Meena Khan MD

4/8/21



# How many hours of sleep do you get a night?

- A. 8 or more hours a night
- B. 7-8 hours a night
- C. less than 6 hours a night
- D. I have no idea



# How many hours of sleep do you feel you need a night?

- A.  $\geq$  8 hours a night
- B. 7-8 hours a night
- C.  $\geq$  6 hours a night
- D. I have no idea



# Objectives

- How our brains sleep
- What you can do to obtain good sleep



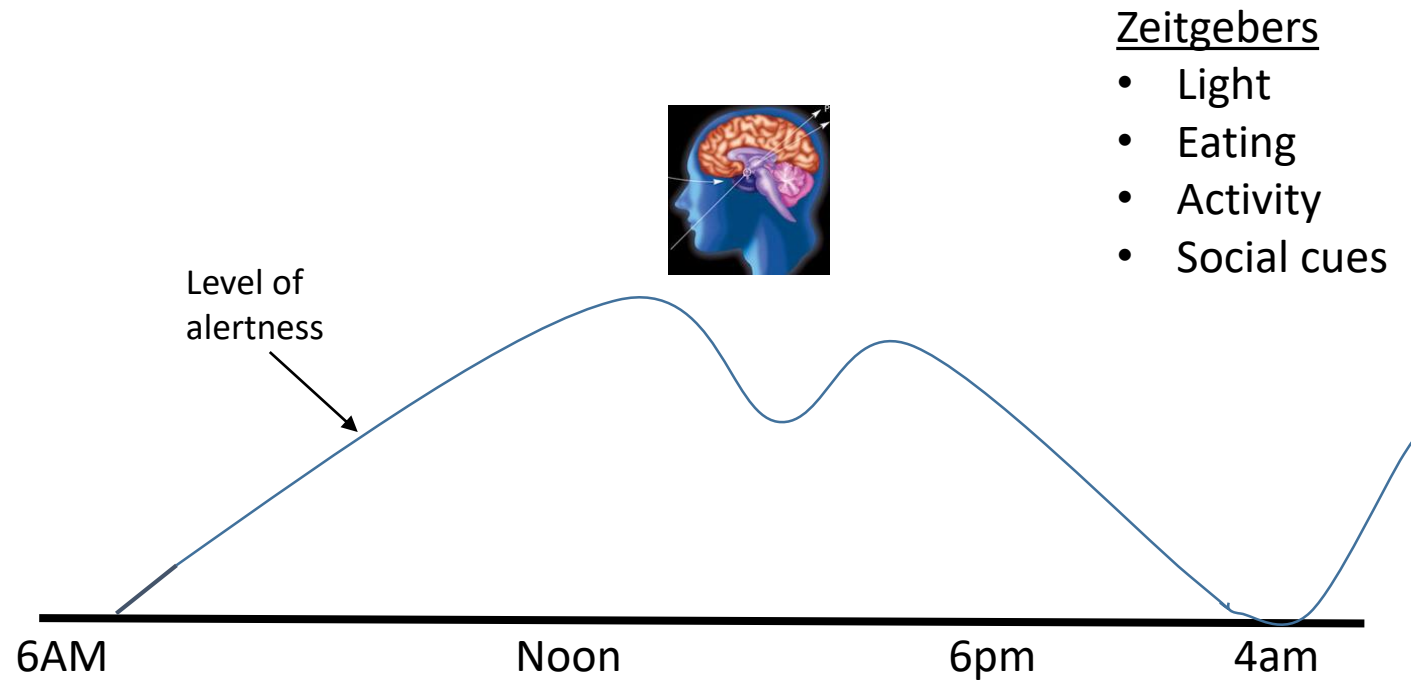
# Two Process Model of Sleep

- Two primary driving forces for sleep
  - Circadian drive
    - Biological sleep clock in the hypothalamus of the brain
  - Homeostatic drive for sleep
    - Sleep debt one accrues the longer they are awake



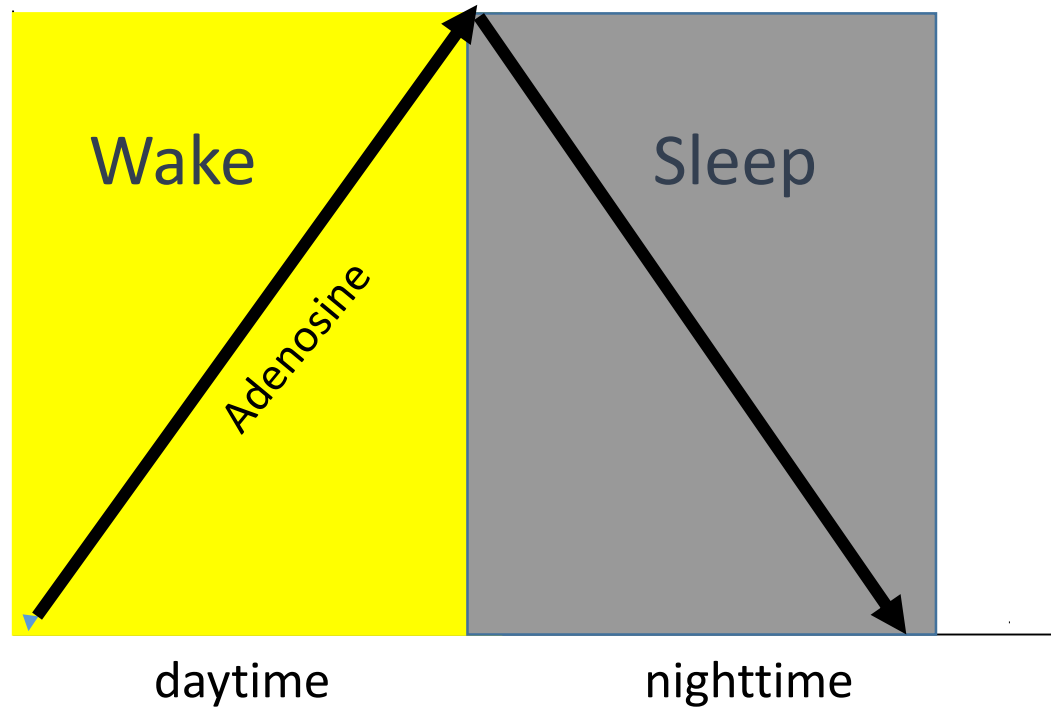
# Circadian clock

“Biological sleep clock” in the brain- set to 24.2 hours

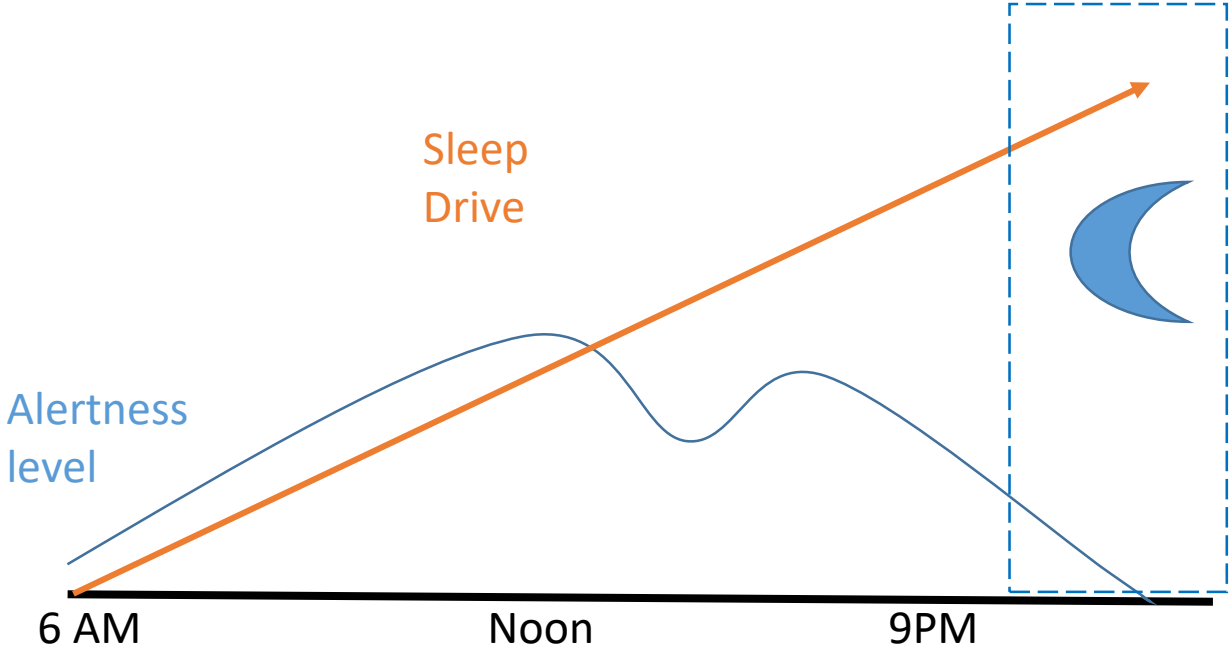


# Homeostatic drive for sleep

Amount of sleep debt a person incurs throughout the day

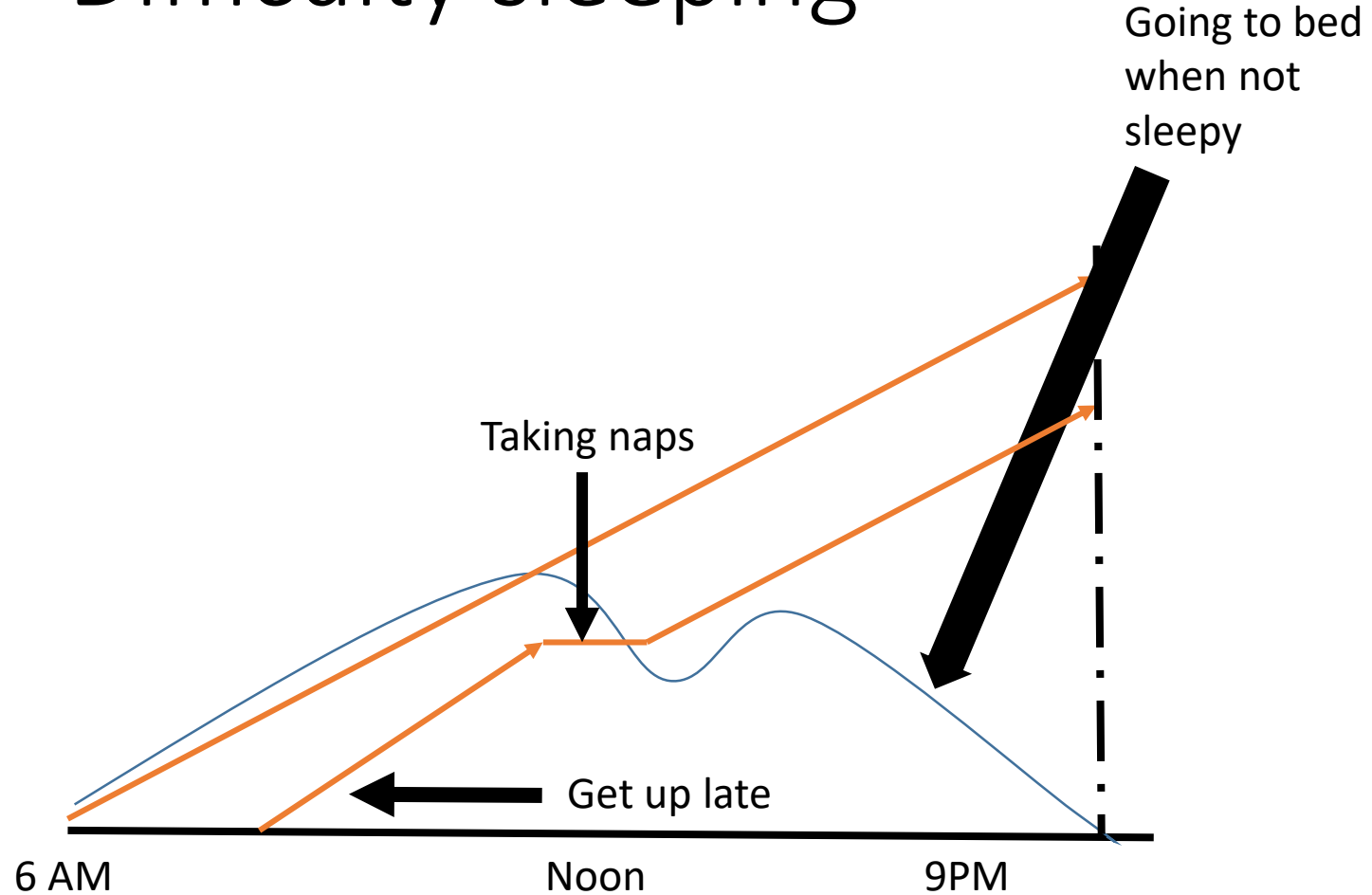


# Ideal time for sleep





# Difficulty sleeping

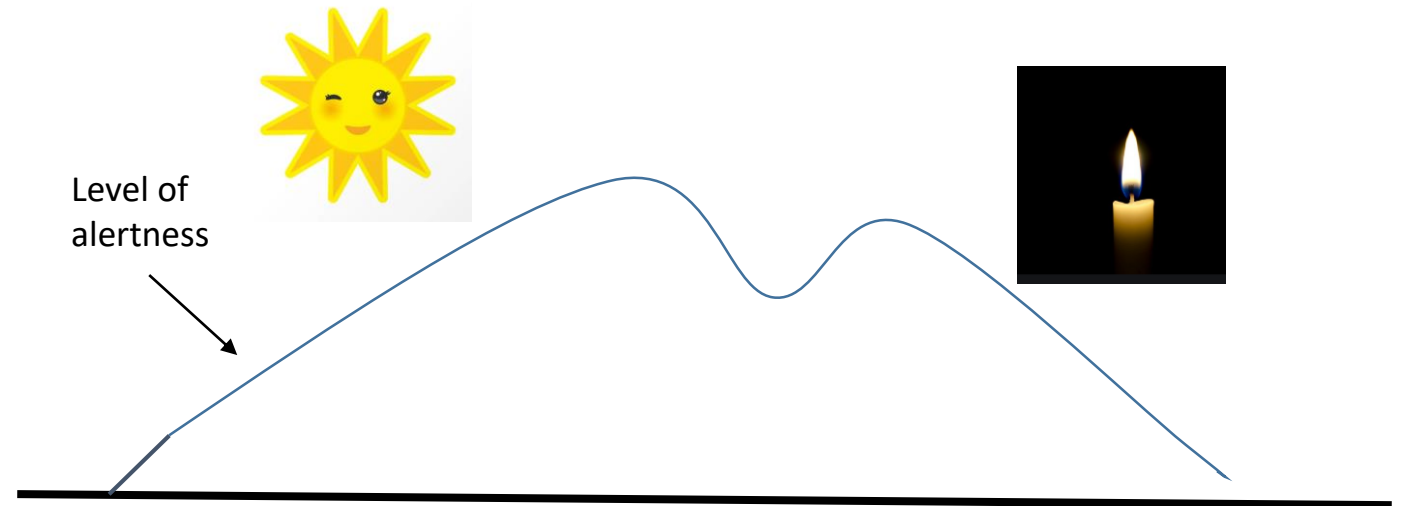


How can we obtain good sleep?



# Entrain your circadian sleep clock

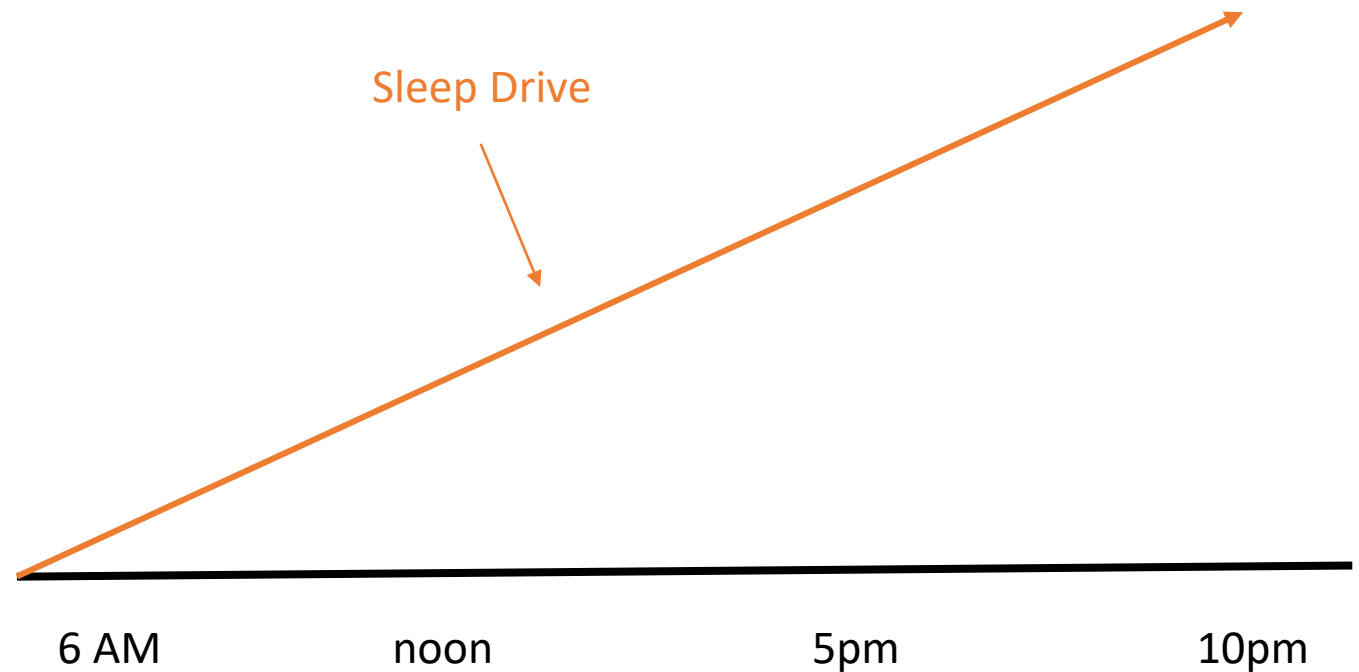
- Bright light when awake



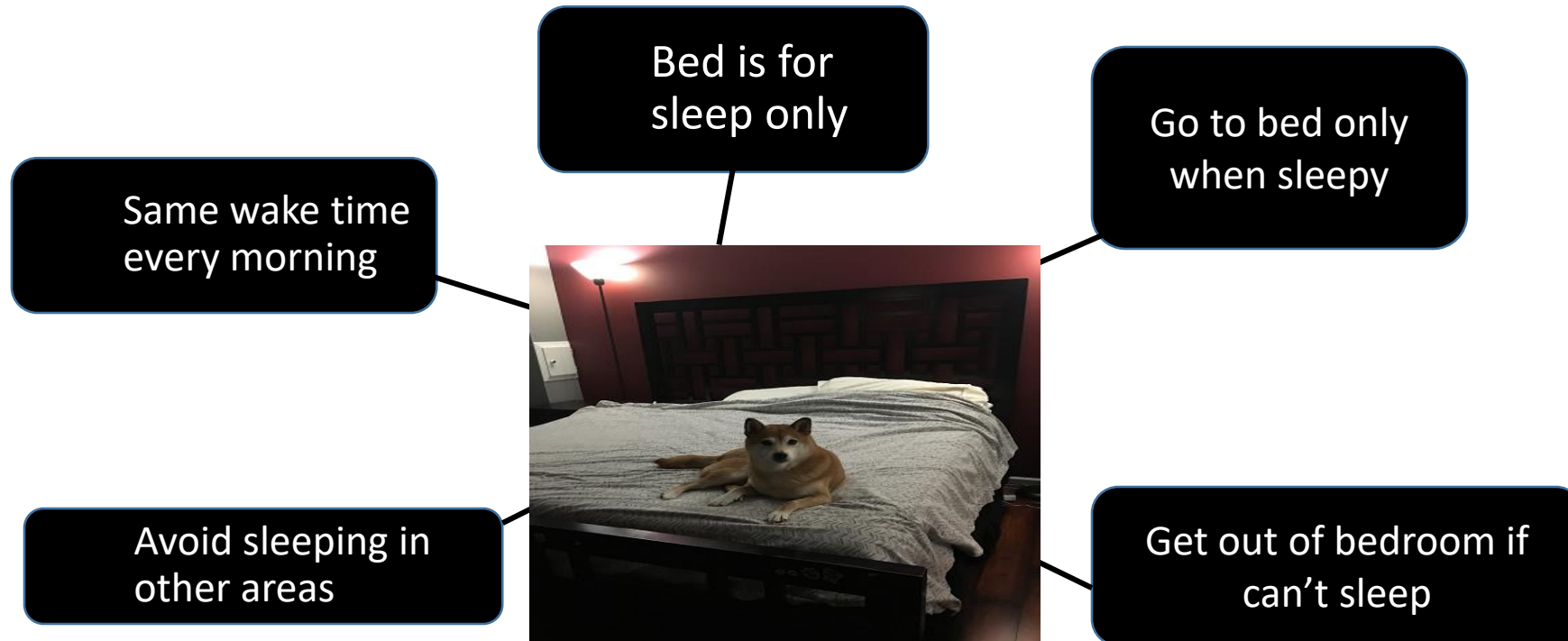
- Dark during sleep time

# Build your sleep drive

- Out of bed the same time every day
- Avoid prolonged rest or sleep during the day
- Be engaged and active during the day within your abilities



# Train your brain for sleep



# Sleep Hygiene

- Caffeine
  - 200-300 mg caffeine deter sleep
  - Half life of caffeine- 5-6hrs



12 ounce-  
55mg caffeine



12 ounce- 46  
mg caffeine



8 ounces of coffee-  
95mg caffeine



8 ounces of  
McDonalds coffee-  
72mg



8 ounces  
black tea-  
47mg



8 ounces of  
coffee-  
180mg  
caffeine



# Sleep Hygiene

- Nicotine
  - Stimulant- cause CNS arousal
  - Smokers believe it has a calming effect
- Alcohol
  - Disrupts sleep architecture- decreases REM sleep
  - Takes 1 hr to metabolize 1 unit of alcohol
    - 6 ounce of wine- 2 units; 8.5 ounces- 3 units of alcohol
    - 1 pint of beer- 2 units
    - 1 shot of liquor- 1 unit



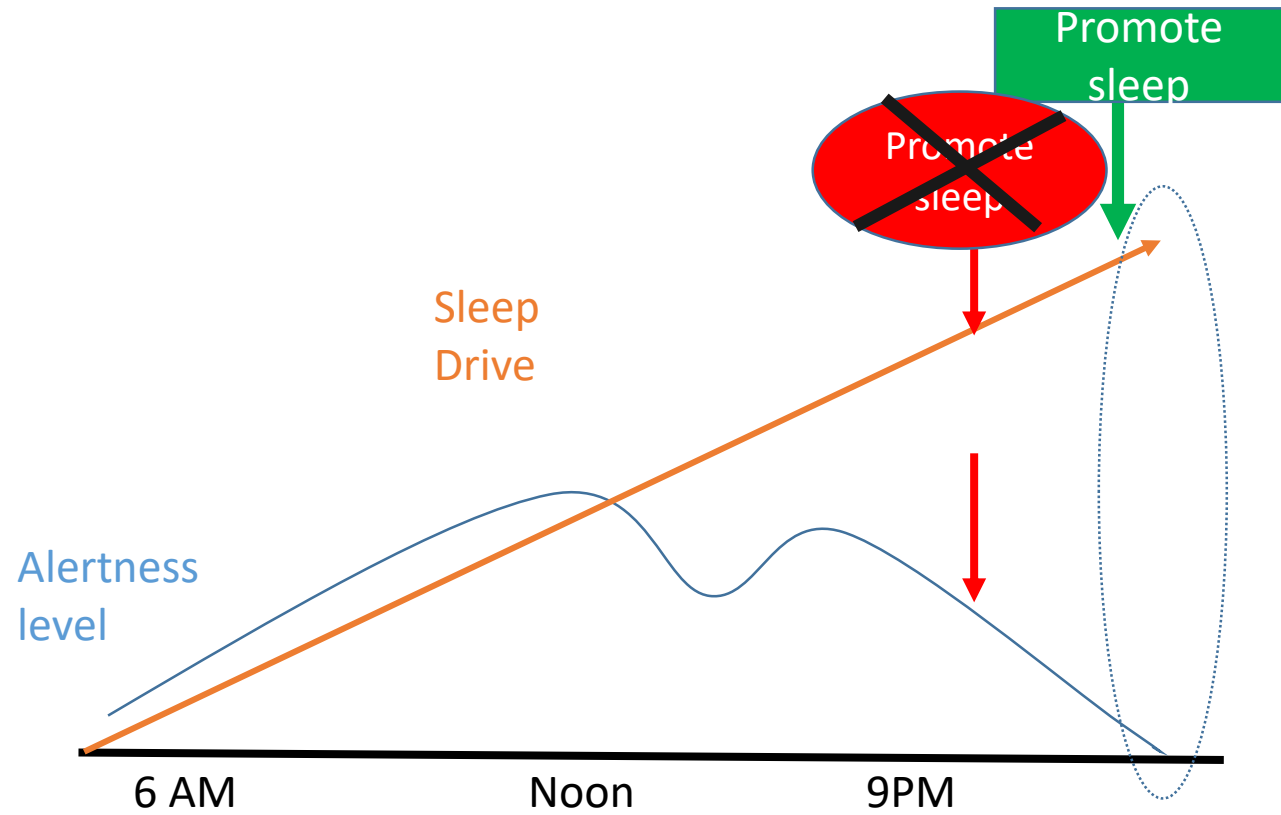
# Sleep Hygiene

- Exercise
  - Activity helps promote sleep-exercise at anytime





# Timing of sleep medication



# If you have trouble sleeping

- CBT-i coach



# Thank You



[Wexnermedical.osu.edu](http://Wexnermedical.osu.edu)