



VIRTUAL SEMINAR WEEK

SPEAKER: Dr. Michael Breus
DATE: November 17, 2006
TIME: 6pm – 8pm Pacific
TOPIC: How More Sleep Boosts Productivity, Weight-Loss and Total Lifespan

Background

- Author of **GOOD NIGHT**
- PhD in Clinical Psychology
- Youngest people to have passed the Board at age 31
- Specializes in Sleep Disorders and Neuropsychological
- 20 sleep labs in 4 different states

Statistics

- 70 million individuals who suffer from a known sleep disorder
- 75% adults have a sleep problem, waking in the night or snoring
- 50% of people snore. Snoring is sucking in air.
- 50% of people who have a bed partner who snores lose 1 hour of sleep a night
- 32% of Americans do not get the recommend 8 hours of sleep
- 1/3 suffer from insomnia
- Approximately 3,000 sleep centers in the US. Has doubled since 2003 – people are waking up to why sleep is so important
- 75% report some kind of sleep problem
- 51% of business travelers don't sleep while traveling
- 40% are so sleepy during the day, it affects their productivity
 - Lose 1 hr and 15 minutes in sleep you can expect a reduction in productivity by 32%

- Deep Sleep – stages 3 and 4
 - Growth hormone is emitted
 - Age 2 80% of the night
 - Age 18 50% of the night
 - 15% of the night
 - If you don't have REM sleep you can't remember as well
- At age 2, children get about 11-13 hours/night
- Age 18 down to 8 hours of sleep/night; Teenagers need 9-10 hours/night
- 24 hours of sleep deprivation is equal to drinking 2 alcoholic beverages on an empty stomach
- Driving after being awake for 17-19 hours drive worse than someone with a blood alcohol level of .05%

Sleep during the Holidays

Holidays can be very stressful, sleep is extremely important

Health Issues by Sleep Deprivation

- Affect your ability to gain/lose weight
- Skin Health
- Women – monthly menstrual, pregnancy, menopause
- Signs and symptoms of depression
- Heart and Blood pressure
- Immune System
- Stress Management
- Children's Health
- 25% of children with ADD and ADHD have an underlying sleep problem

Most likely to be sleep deprived:

Males 6.9 hrs/night

Couples with children 6.7 hrs/night

Overweight 6.9 hrs/night

What do most people do with sleep problems?

- 65% accept it and keep going

- 43% use caffeine – use in moderation
 - Know and understand how much caffeine is in your drink: sodas 20-25 mg; energy drinks 50-80 mg; coffee 50-100mg; chocolate 5-10mg
 - 250 mg of caffeine/day without sleep problems is okay
 - Why are you drinking the caffeine – if it is to get you through your day – need more sleep or better quality sleep
 - Caffeine can last up to 14 hours in some people

Traveling

- 20% drop in performance. Peak performance and sleep deprivation do not mix
- People get 1 hour less of sleep
- 61% who don't exercise perform lower

People who sleep More than 10 hours or less than 5 hours have a higher mortality rate

Good Night: The Sleep Doctor's 4 week Program to Better Sleep and Better Health

- Drug free program

Power Down Hour – Set your alarm to go to sleep, NOT to wake up. Forces you to walk into your room. First 20 minutes do the tasks that must be done, ie., pack kid's lunches. Next 20 minutes wash face, brush teeth, last 20 minutes stretching and/or yoga. If you don't have an hour, do the **Power Down ½ hour** – everything in increments of 10 minutes

Sound

How much noise is in and around our bedroom. Snoring partner, animal in the bed, children. Noise has affects on sleep depending on the noise. Mothers typically cannot sleep through a crying baby, be careful of what you let in and out when you're sleeping.

Decibel 32 or higher rated ear plugs to help block out noise. Try sound machine or music.

Touch or Feel

Sheets, pillows, mattresses, blankets. Temperature is also important – should be 68-72 degrees. Mattresses, you typically get what you pay for. No data to suggest that one mattress over another gives you a better night's rest. However, a supported mattress is better.

Does thread count sheets really matter? Not really for sleep, but may last longer!

Sleep deprivation can lead to weight gain because of the triggers of increase volume of food. Our body is telling us to eat more. Metabolism with sleep deprivation slows down.

Sleep Evaluation

A few questions to ask to see if you need a sleep evaluation: If you're waking up tired, headaches, nodding off during the day – you are too sleepy! Keep caffeine to under 100-150mg, more than 1-2 glasses of alcohol 3-4 hours before dinner can affect your sleep. Do you feel physically tense before you fall asleep, try meditation, stretching, listen to soft music. Food – don't go to bed hungry. Ability to going to bed and staying asleep go to bed at the same time each day even on weekends.

Questions:

Q: What is the optimum time of day to go to bed according to your core body temperature?

- When you first wake up your core is relatively low
- 1-3 in afternoon, you will have a quick dip in your core temperature - "afternoon sleepies" – Power Nap, no more than 15-20 minutes, unless you can sleep 1 ½ hours when you are in deep sleep.
- What time must you get up? Count back through sleep cycles, determine your sleep number

Q: If I have to wake up early and cannot sleep, is this stress or a sleep problem?

A: More than likely stress. Avoid things that may not allow you to sleep (alcohol, caffeine, etc)

Q: Would I have trouble relaxing if I have flashbacks of abuse?

A: If sexual abuse, association of trauma with the bed or night time. Many people get fearful of sleep because of "conditioned response". You fall asleep on the couch, when you go to bed you are wide awake. Make your bedroom a place of "peace".

Q: Is Valerian good for sleep?

A: Research shows it can have some positive effects on sleep. It can be a blood thinner, so you must be careful when taking. Should not take any other medications while on Valerian. Know and understand the effects in the long run.

Q: Isn't snoring a form of sleep apnea?

A: Not a predictor of apnea, but approximately 80% of apnea people snore. Loose 5-7 pounds you will snore less.

Q: Narcolepsy

People with Narcolepsy have a brain disorder that makes a switch during the day to make them want to sleep. During the night they only reach stages 1 and 2, which causes them to be sleepy all day. Xyrem

Q: Size of a cup of coffee, how much mg of caffeine is in it?

A: 50 mg in a 6 oz cup

Q: Is it normal to wake up 3-4 times/night to urinate?

A: No, if male, have prostate checked. If female or male, sign of sleep apnea

Q: Is decaffeinate coffee better?

A: Many of the coffees use a solvent. Try organic brand. Amount of caffeine can be destroyed by roast time.

Q: What can be done to sleep apnea and can it be contributed to being overweight?

A: 2 types of apnea – obstructed sleep apnea. Blockage in nose, back of mouth or throat preventing air from going through. Central sleep apnea – brain tells the lungs not to breathe.

Treatments for Obstructed: 1) CPAP machine “Continuous Positive Airway Pressure”. The machine opens the area that is blocked to allow air to flow. 2) Oral appliance that pulls your jaw or tongue forward. 3) Surgical – only works 50% of the time.

Treatments for Central: Much more difficult to treat. Many have central heart problems or brain tumors causing a pressure on the brain.

Q: What about magnets?

A: Some research that may indicate to be useful. They can cause you to relax and that alone may be enough to get you to sleep. A lot of research happening with magnets.

Q: Melatonin

A: Not yet FDA approved, 9 out of 10 times it is synthetically produced. If over age of 45 and taking other medications, understand the interaction affects. Biggest issue has to do with the time you take it. Must take it at the right time during your core body temperature cycle to have it work.

Q: Night Terrors

A: Child will sit up in bed and scream and are inconsolable. Child does not recognize you and you cannot calm them down. No data shows that this is bad for the child. Keeps the child out of deep sleep.

Q: When should we go to bed after eating?

A: Never go to bed hungry, to keep your blood sugar up. Generally speaking stop eating 3-4 hours before going to bed. Body is not meant to digest food lying down. People are not generally sleepy from overeating at Thanksgiving, but from all the stress leading up to the holiday.

Q: Thoughts on 5HTP

A: All substances may affect your ability to fall asleep.

Q: When does Sleep Walking and Sleeping occur?

A: Occurs during our deepest stages of sleep stages 3 and 4. REM behavior disorder is when someone acts out their dreams – remember and acts out the dream. If this occurs you should see a neurologist.

Q: Sleeping Pills are not working, just post-menopausal

A: Not much you can do, utilize some methods for good sleep habits

Q: How often is going to the bathroom an issue:

A: 1-2 times per night is okay. Do not turn on light, it can trigger your brain to “wake up”

Q: Reading in bed – good or bad:

A: No real problems, but use a light that will not keep you awake. Try a book light.

Product includes audio and CD (introduction, muscle relaxation, guided relaxation method)

Q: What's the best way to handle traveling long distances – can't sleep on the plane

A: Jet lag only happens in certain directions, a way to remember "East is least and West is Best". Think about what times you want to travel. 1 day/time zone for your body to naturally adjust. LA to NY crossing over 3 time zones, you should arrive at least 1 full day before.