Castle Nights:
Sleep & Circadian Rhythm
With Christine Sotmary

U.S. PAIN FOUNDATION
Let’s Start with YOU!

What Does Your Sleep Look Like?
Notice Any of These?

Weight Gain
Food Cravings or Overeating
Achey/Sore Muscles, Muscle Weakness, Injuries
Cold/flu, easily getting sick
Lethargic, Fatigued
Hard to Get Moving
Easily Distracted, Poor Focus
Overreactions, Irritable,
Easily-Triggered
Mood Swings
Easily Overwhelmed, Brain Fog
Have You Ever Connected Such Symptoms to Your Sleep?

When Was the Last Time Your Doc Asked about Your Sleep?
You’re Not the Only One

"Insufficient sleep is a public health EPIDEMIC"

- CDC
COMMON CAUSES OF POOR SLEEP

**LIFESTYLE ISSUES**
Social engagements, late-night work, use of electronic devices

**STRESS & ANXIETY**
Stress triggers reactions in the brain and release hormones to keep you alert and lose sleep

**MEDICATION**
Allergy medications cause drowsiness while those for hypertension can reduce your sleep
Chronobiology

- Found in bacteria, plants, algae, animal species
- Each organ and each cell has its own clock
The Clocks Intertwine
Disrupting the Clock

Light Sleep Meal Times Exercise Times

Jet Lag/Time Zones Shift Worker Syndrome
Rest Easy, There’s Hope!

Focus on Quality & Quantity
RULES OF HEALTHY SLEEP

1. Sleep in silence and in the dark.
2. Do not eat much before going to sleep.
3. Do not smoke and do not use alcohol.
4. Take a walk before going to bed in the fresh air.
5. Give up caffeine and energy.
6. Sleep on a firm, level, and comfortable bed.
7. Favorable temperature for sleeping.
8. Go to bed and wake up at the same time.
9. Do not put working electrical appliances near your head.
10. Do not watch TV or play computer games before going to bed.
11. Develop a ritual of going to sleep.
12. Do not focus on insomnia.
Protein, Fat & Minerals
enough sleep is just as important for good health as nutrition and exercise.

“The way to a more productive, more inspired, more joyful life is getting enough sleep.”

Arianna Huffington
Castle Nights:
Sleep & Circadian Rhythm

With Christine Sotmary