



Castle Nights:

Sleep & Circadian Rhythm

With
Christine Sotmary





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



A woman with long brown hair tied in a bun with a pink scrunchie is lying in bed, covered up to her eyes with a white blanket. Her hands are visible, resting on the blanket. She is wearing a ring on her left hand. The background is a white, wrinkled sheet.

**Have You Ever Connected
Such Symptoms to Your Sleep?**

When Was the Last Time Your Doc Asked about Your Sleep?

WHY YOUR BODY LOVES 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

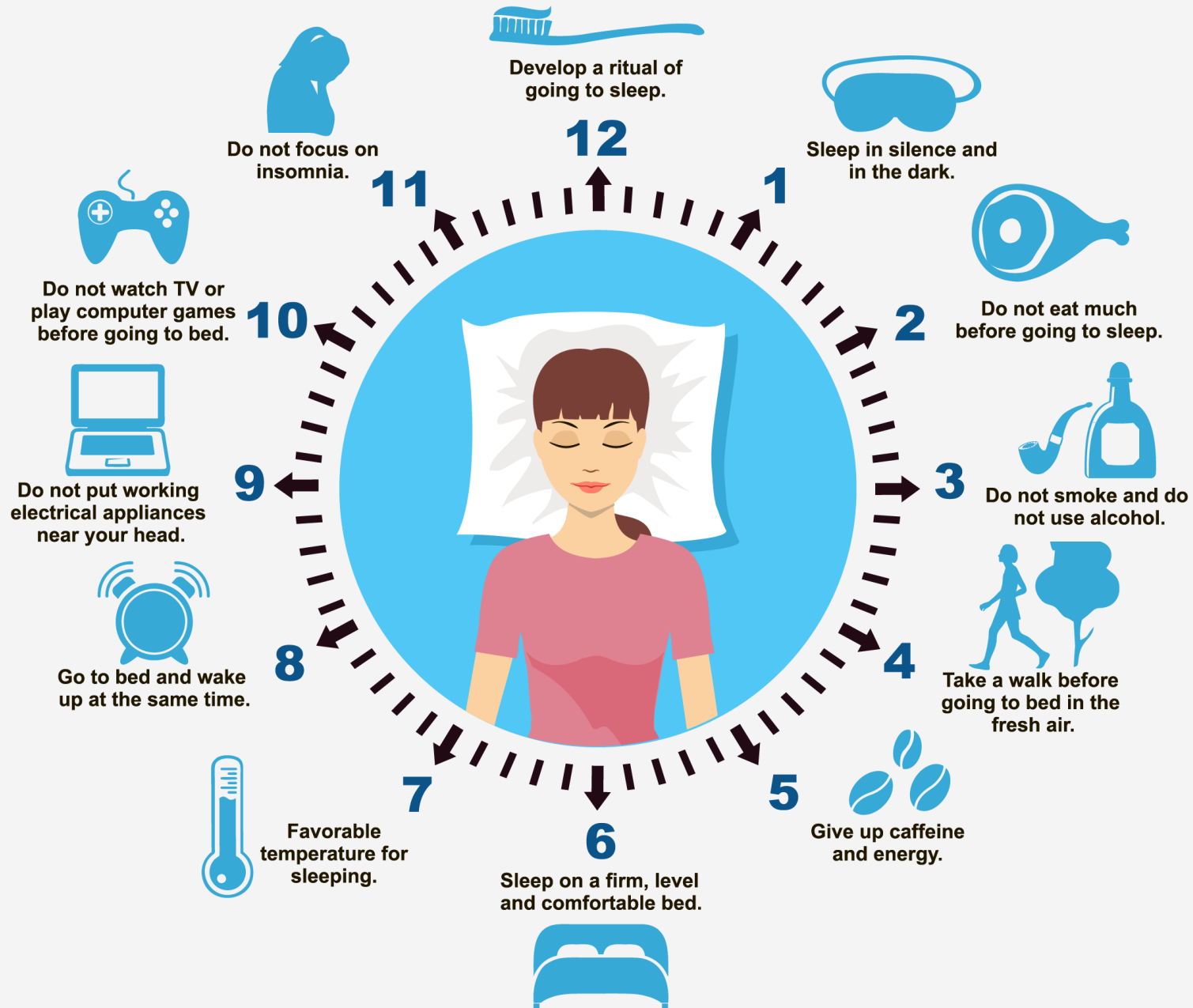
Jet Lag/Time Zones
Shift Worker Syndrome

A close-up photograph of a person's feet sticking out from under a white blanket on a bed. The room is dimly lit with a warm, yellowish glow, suggesting a bedside lamp. The background is blurred, showing a headboard and a framed picture on the wall.

Rest Easy, There's Hope!

Focus on Quality & Quantity

RULES OF HEALTHY SLEEP




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





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