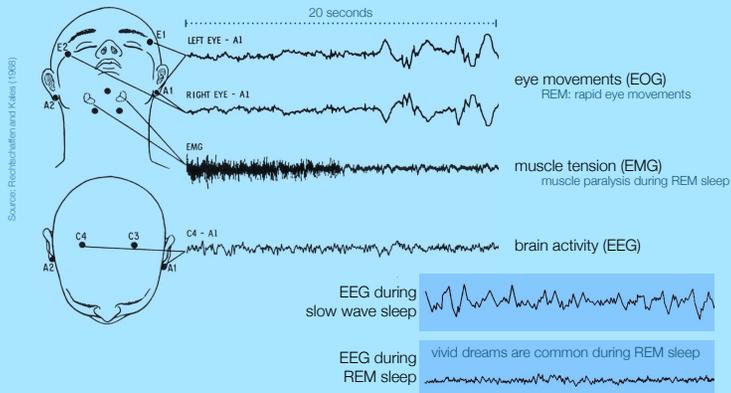


Sleep and Sleep Deprivation

Defining Sleep Stages



Drowsy Driving = Lousy Driving

Causes

Inadequate amounts of sleep
Shift work, Medications
Alcohol consumption
Untreated sleep disorder

Effects

Reduced attention
Slows your ability to react
Reduces your ability to make good decisions

Up to 6000 fatal crashes per year

Warning Signs

Drifting from your lane
Missed your exit
Forgot the last few miles
Yawning and blinking

Change drivers or pull over to rest

Effects of Sleep Loss

★ **Sleep deprivation** can suppress immune cells that fight off viral infections and cancer.

★ **Chronic sleep debt** alters metabolism and hormonal functioning in ways that mimic aging, contributing to obesity, high blood pressure, and memory impairment.

★ **Sleep deprivation** also makes us irritable, slows performance, and impairs creativity, concentration, and communication.

Tips for Better Sleep

★ Sleep on a **regular schedule**—rising at the same time every day—and avoid naps.

★ **Exercise regularly** (but not in the late evening), and avoid caffeine in the afternoon or later.

★ **Avoid popular quick fixes** for insomnia—sleeping pills and alcohol—which can make things worse because they reduce REM sleep and can lead to tolerance.

★ **Avoid electronic screens** before bedtime—the light alters the sleep-wake cycle, delaying sleepiness.

Source: David G. Meyers (2009) *Psychology in Everyday Life*.

Sleep Disorders

1 in 5 Americans suffer from sleep disorders

10% suffer from **chronic insomnia**, difficulty falling asleep or staying asleep.

6% suffer from **sleep apnea**—they stop breathing when they fall asleep. Most people with sleep apnea aren't aware they have it.

200,000 suffer from **narcolepsy**—uncontrollable episodes of falling asleep, accompanied by muscle weakness (like REM sleep)

There are about 80 different types of sleep disorders, including **Night Terrors**, and **Restless Legs Syndrome**

Sources: my.clevelandclinic.org/health/articles/common-sleep-disorders
www.alaskasleep.com/blog/the-5-most-common-sleep-disorders-symptoms

How much sleep do I need?

