

SLEEP

News and Views

Information about sleep, sleep disorders and how to get a better night's sleep.

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Are You Getting Enough Sleep?

The scientific evidence is clear: Sleep is essential for optimal health. But how much sleep should adults get each night? To answer this question the American Academy of Sleep Medicine and the Sleep Research Society gathered 15 leading sleep experts in 2015. They reviewed thousands of published studies linking sleep duration and health. Then they graded the evidence and held multiple rounds of voting.

Finally they agreed on the following statement:

Adults should sleep 7 or more hours per night on a regular basis to promote optimal health. Spread the word. #7andUp

Research provides strong evidence that you

may be harming your health by restricting your sleep. Getting less than 7 hours of sleep on a regular basis increases your risk of several adverse health outcomes. Health problems linked to insufficient sleep include: weight gain and obesity, diabetes, high blood pressure, heart disease, stroke, depression impaired immune system, and increased risk of death.

Sleeping less than 7 hours per night also can impair your performance. You have an increased risk of errors and accidents when you don't get enough sleep each night.

Exactly how much sleep is right for you?

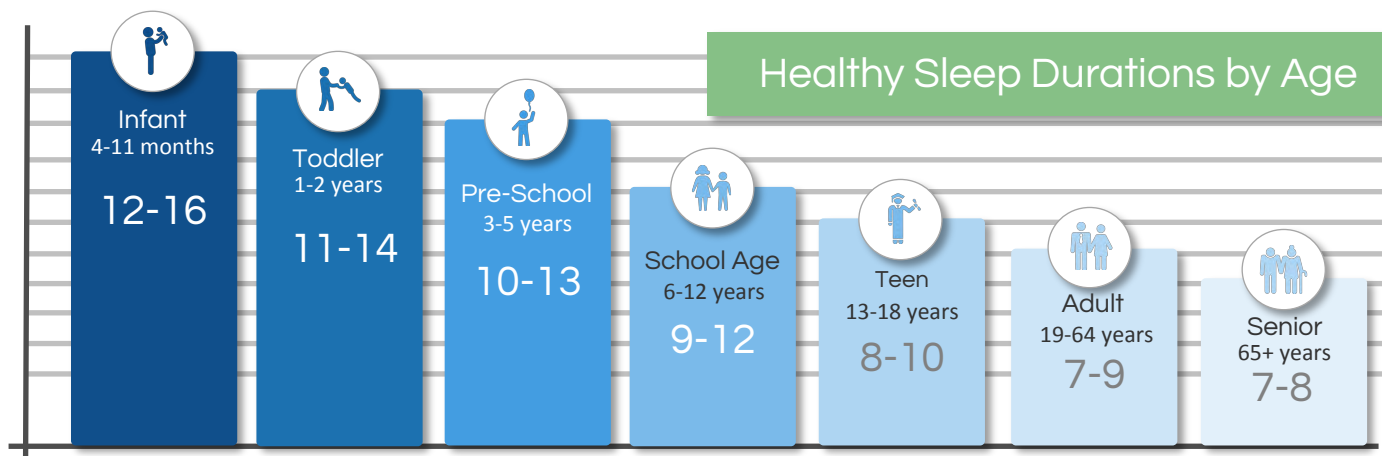
It may be more than 7 hours. Some adults may need a longer sleep duration of more than 9 hours per night.

Long sleepers may include young adults and those who have a chronic illness. A small percentage of adults are short sleepers who feel alert and refreshed after sleeping less than 6 hours per night. Genetic factors help determine how much sleep you need.

But 7 hours of sleep is the best starting point for adults. Make it one of your top health priorities to sleep at least 7 hours each night. Keep in mind that healthy sleep also requires good quality and regularity.

Seven and up: Optimize your health with 7 hours of sleep or more each night! #MakeTimetoSleep

Sleep is Essential



Don't let sleep tech keep you up at night



An estimated 15% of US adults own a wearable fitness/sleep-tracking device, such as Fitbit or Apple Watch, and another 50% might consider buying one.

When it comes to sleep, that enthusiasm for the devices may overshadow what they can deliver. According to the Journal of Clinical Sleep Medicine lead author, Kelly Glazer Baron, PhD, MPH said, "It's great that so many people want to improve their sleep. However, the claims of these devices really outweigh validation of what they have been shown to be doing. The devices are unable to accurately discriminate stages of sleep (can't differentiate between light and deep sleep.) They are not valid for diagnosing sleep apnea. They don't do a good job of estimating sleep accurately," according to Baron. She said the use of these

devices follows a pattern reflected in the title of the Sleep Medicine study "Orthosomnia: Are Some Patients Taking the Quantified Self too Far?"

Sleep tracking apps could in fact be disrupting your shut-eye, according to new research which notes the rise of "orthosomnia"— disrupted sleep resulting from the quest for perfect rest.

Dr. Neil Stanley, an independent sleep expert, argues that while orthosomnia might be a "silly word" ('ortho' means correct, while 'somnia' means sleep), it describes a very real issue. You can't drift off if you're stressed – "so if you're thinking or are worried about sleep itself, then you're going to have a problem sleeping," he says.

"In this case, the solution is to stop tracking sleep! That is not too much to ask."

The Caffeine Nap **EXPLAINED**

Caffeine takes about 20 minutes to kick in. Caffeine naps take advantage of this – coffee is suggested in order to avoid excess sugar intake. Coffee is consumed just prior to napping. This is ideally a short nap between 10-30 minutes. This is intentional in order to avoid the deeper stages of sleep.

Caffeine works to reduce sleepiness by blocking adenosine receptors. Adenosine builds up in our system beginning when we awaken and peaks right before we fall asleep. By blocking these receptors, we don't feel as sleepy. Since caffeine and napping can both improve sleepiness, the idea is to utilize both together to make the impact greater.

This might be a reasonable option for some people who haven't obtained adequate sleep the night before. Please be mindful to schedule a caffeine nap no later than 3 pm. If you have trouble falling asleep at night, caffeine naps are not recommended. Consuming more caffeine than an 8 oz cup of coffee is not recommended for a caffeine nap.

Drink Type	Size in oz	Caffeine content (mg)
Coffee brewed at home	8 oz	96 mg
Coffee from a shop	8 oz	130-180 mg
Espresso	1 oz	64 mg
Black Tea	8 oz	47 mg
Green Tea	8 oz	28 mg
Cola	12 oz	34-46 mg
Energy Drink	8 oz	29 mg
Energy Shot	1 oz	215 mg

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