

Sleep Disorders

- Defined as impacting:
 - *Quality* of sleep
 - *Timing* of sleep
 - *Duration* of sleep
- Meets the following criteria:
 - Regular occurrence
 - Sleep is not restorative
 - Impacts daily function
- Common sleep disorders:
 - Insomnia
 - Sleep-related breathing disorders
 - -Sleep-related movement disorders

If you are experiencing the above, consult your primary provider and request a referral for a sleep specialist consultation.



CHANGES
COUNSELING &
CONSULTATION

More Information :



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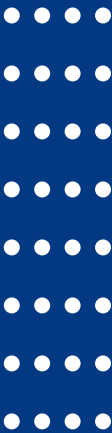
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**Sleep
Preparation
&
Participation**



Nutritional & Environmental Implications

Nutrition

Nutritional intake impacts production of sleep related hormones.

- Consult primary care physician or nutritionist for Melatonin and Serotonin boosting foods/diets

Tips for improved sleep nutritional habits:

- Maintain consistent meal times
- Reduce intake 2 hours prior to sleep

Environment

The sleeping environment can impact melatonin production.

- Physical features disrupting sleep: light, noise, movement, pollution
- Social features increasing stress: clutter, safety, electronics

Tips for an improved sleep environment:

- Blackout curtains
- Noise machine
- Air filter
- Reduce clutter
- Remove electronics

Impact of Sleep

- Sleep is important for restoration of the body; including repairing muscle tissues, building bone/muscle, strengthening the immune system, consolidating memory, and building neurological pathways.
- Sleep impacts cognitive function, lack of sleep can result in:
 - Exaggerated startle response
 - Decreased sensory processing
 - Increased impulsivity and hyperactivity
 - Increased sensation of anxiety and muscular tension
 - Reduction of emotional tone
 - Memory deficits with prolonged exposure during aging



Sleep Preparation & Relaxation Activities

Develop a sleep routine:

- Consistency is key!
- Daily bedtime/wake time
- Quiet activity 45 minutes prior to sleep (Ex. Reading, journaling, puzzling, meditation, etc.)
- Limit screen time

Daily activity to improve sleep:

- Increase physical activity
- Limit caffeine intake 6 hours prior to sleep