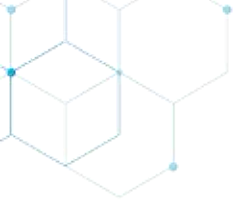




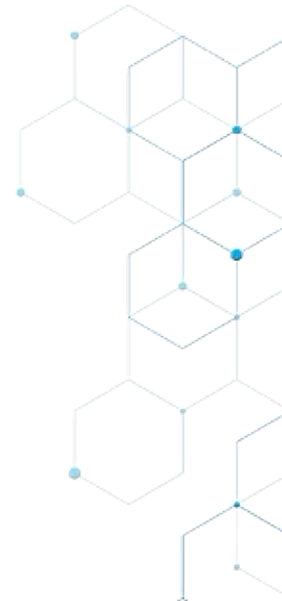
STRESS & SLEEP HYGIENE:

WHAT'S YOUR ROUTINE?





Thank You to our Sponsors!!!



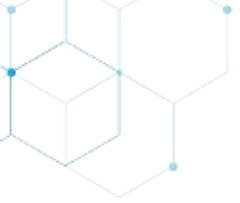
DISCLOSURES



WHAT YOU WILL LEARN TODAY...

- Hygiene vs Routine
- Definition of Stress
- How stress impacts our health and what we can do to reduce stress
- Sleep vs. Rest
- How we can improve our sleep
- What role wearables can play
- Strategies to build and keep a routine





HYGIENE

Hygiene refers to **conditions and practices** that help to maintain health.



● **STRESS HYGIENE**



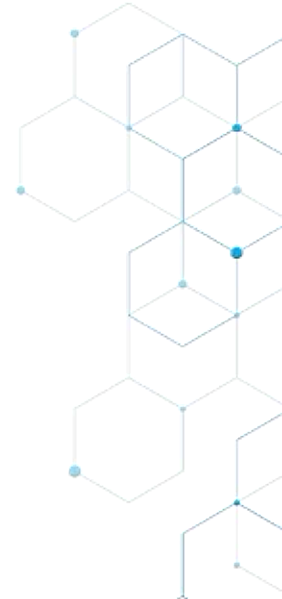
Walking for **60 minutes** per day.



● **SLEEP HYGIENE**



Sleeping for **8 hours** per night.



ROUTINE

A sequence of **actions regularly followed**, a fixed program.



● STRESS ROUTINE



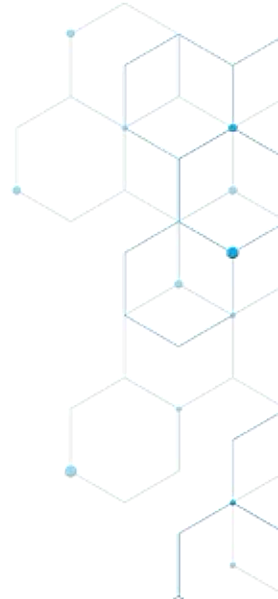
- Get up at 6:00am
- Put exercise clothes on immediately
- Leave after brushing teeth



● SLEEP ROUTINE

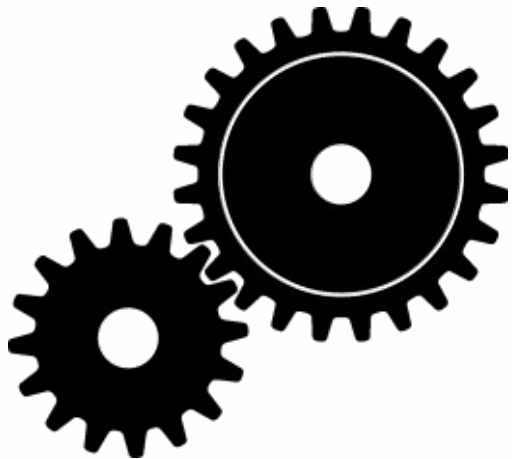


- No screen for 1 hour before bedtime
- White noise
- Sleep Mask





**Let's get the gears
going...**



COMMON METHODS TO COPE WITH STRESS

PERCENTAGE USING EACH METHOD TO COPE WITH STRESS

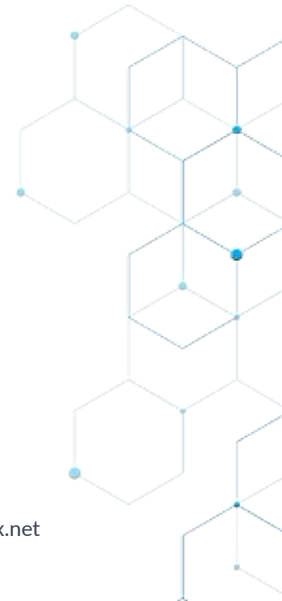
By Generation



	Generation Z	Millennials	Generation X	Baby Boomer
Entertainment	100%	95%	98%	94%
Relaxation	77%	72%	73%	62%
Exercise & Sex	63%	70%	73%	69%
Substances	58%	59%	53%	39%
Chores	58%	56%	50%	49%
Therapy	12%	12%	10%	4%

Source: Survey of 1,008 People.

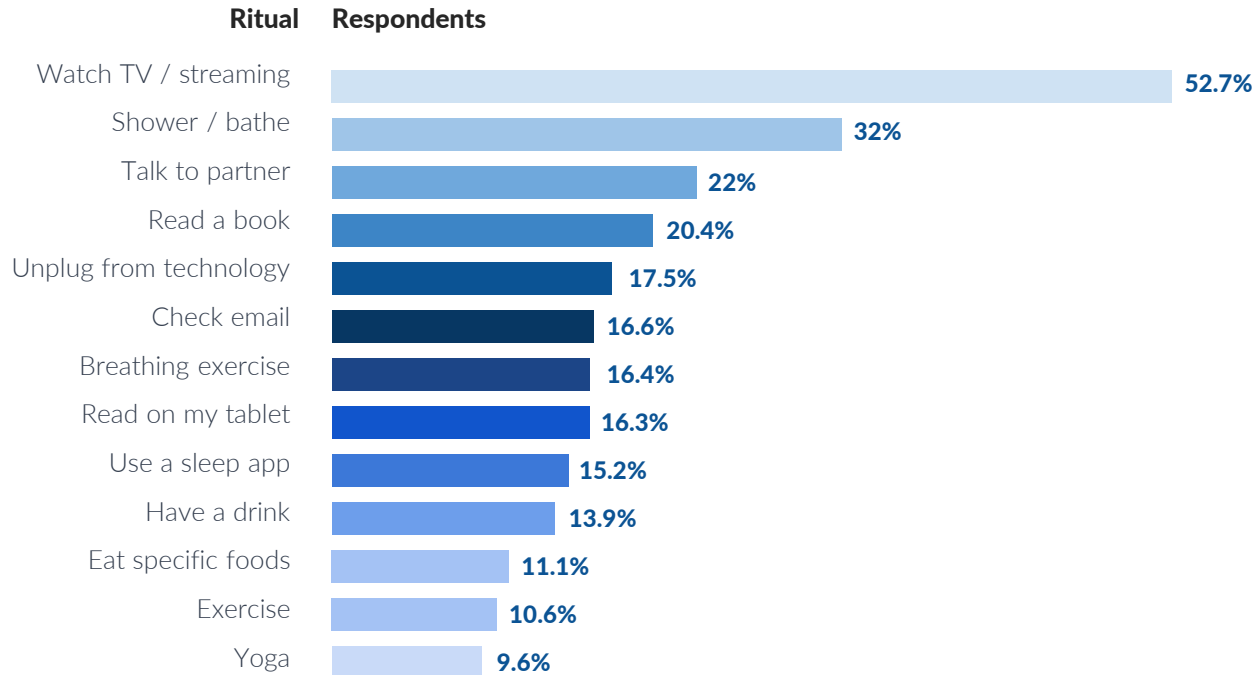
Created by: Detox.net



COMMON METHODS TO IMPROVE SLEEP

TOP BEDTIME ROUTINES

When asked about their night-time rituals to help them sleep, **52.7%** of survey respondents say they watch television.



DEFINITION OF STRESS

- What is stress?

Natural!!!

... a physical and mental reaction to life experiences.

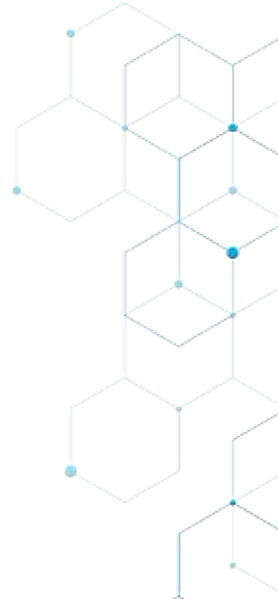
... the body's response to physical, mental, or emotional pressure.

- How does it happen?

Stress **can be triggered by everyday responsibilities** from work or family. It can also be brought on by serious life events such as death, a medical diagnosis, or a new job.



Everyone experiences stress from time to time, but **it can become unhealthy** if it affects your daily functioning.

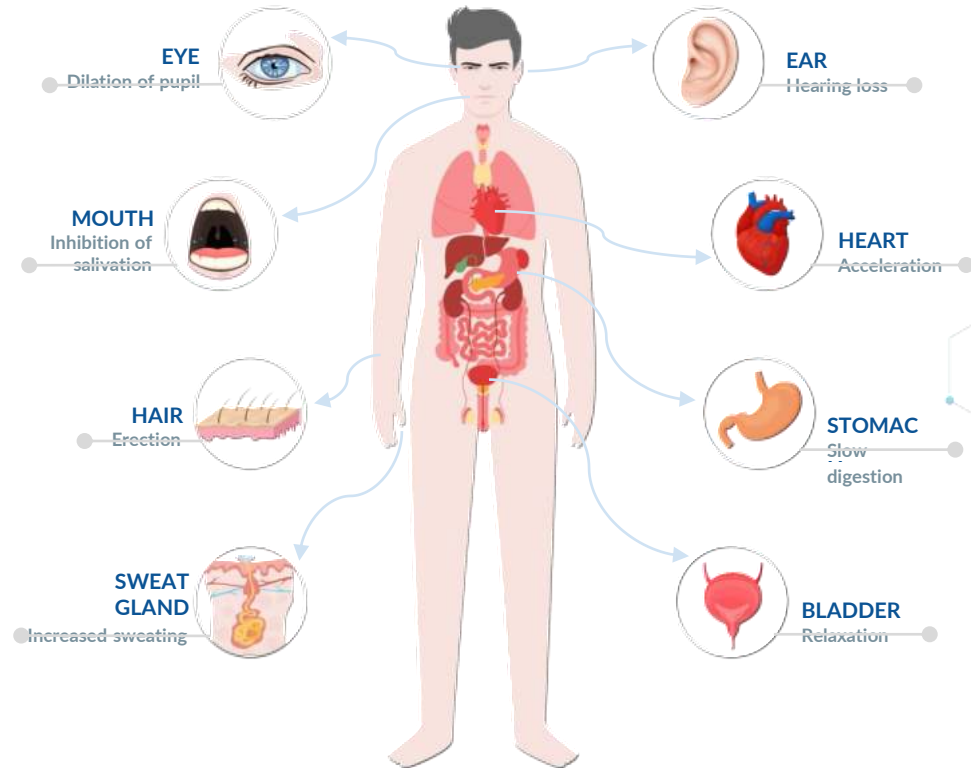


WHAT HAPPENS IN THE BODY?

The **fight or flight** response is what your body does when it thinks it's in danger.

Your body gets ready to "**fight**" or "**run away**" by doing the following:

- Releasing stress hormones
- Increasing your heart rate and blood pressure
- Redirecting blood to your muscles, etc.

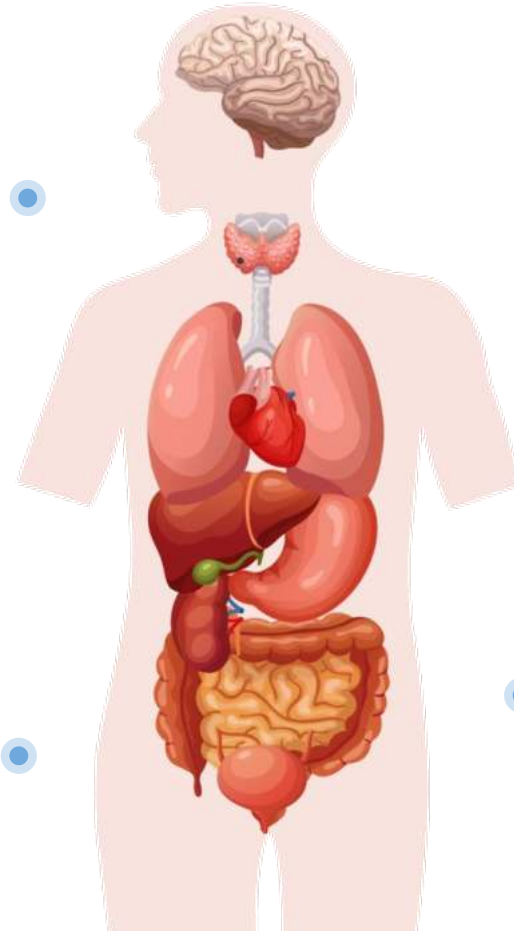


WHY DOES THIS MATTER?

- When it comes to the fight or flight response, your body doesn't recognize the difference between running to catch the bus because you're late for work, or being chased by a saber-toothed tiger.
- Your stress response is the same. Your **fight or flight** response kicks in!



HOW STRESS AFFECTS THE BODY



BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog.

CARDIOVASCULAR

Higher cholesterol, high blood pressure, increased risk of heart attack and stroke.

JOINTS & MUSCLES

Increased inflammation, tension, aches and pains, muscle tightness.

IMMUNE SYSTEM

Decreased immune functions, lowered immune defenses, increased risk of becoming ill, increase in recovery time.

SKIN

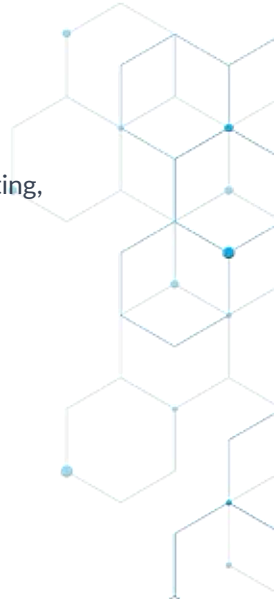
Hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair.

GUT

Nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort.

REPRODUCTIVE SYSTEM

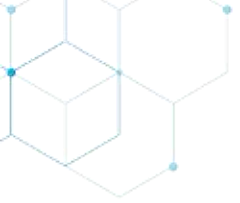
Decreased hormone production, decrease in libido, increase in PMS symptoms.





ROUTINE BREAK

How does stress affect your body?
What strategies do you use to relax?



WHAT CAN WE DO?

Deep breathing



Yoga



Exercise



Mindfulness Meditation



Progressive Muscle Relaxation



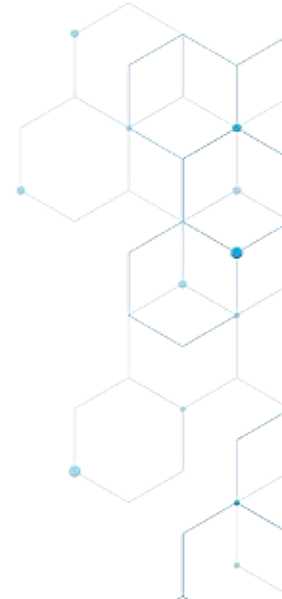
Social Support



Time Management



Bilateral Stimulation



PSYCHOLOGICAL INTERVENTIONS



● Talk to your therapist



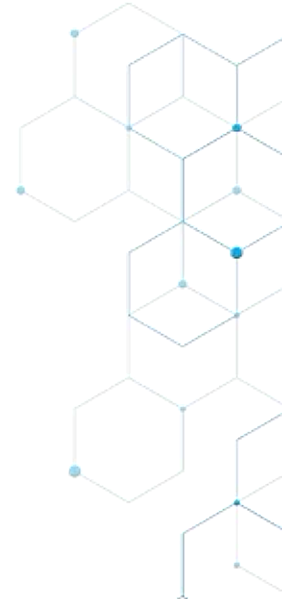
● Mindfulness based stress reduction (MBSR)



● Journaling



● Gratitude practice





ROUTINE BREAK



Let's practice with this breathing exercise.



Speaking of sleep...

WHAT IS SLEEP? WHAT IS REST?

Sleep	Rest
<p>State of rest accompanied by altered consciousness.</p> <p>Relative inactivity - Inactive Rest!</p>	<p>Set aside mental to do list.</p> <p>Decreased state of activity - but can still involve movement.</p> <p>Feeling of being refreshed.</p>



TYPES OF REST

- **Physical** - The body's movements and functions
- **Mental** - Thoughts and emotions
- **Sensory** - Sights, sounds, and environment
- **Spiritual** - Spiritual practices and time commitments
- **Creative** - Generating and creating new ideas or projects
- **Social** - Time spent with and for others

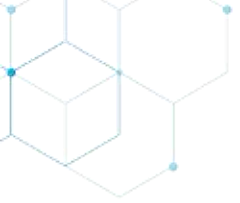


THE ROLE OF REST

Getting enough rest can:

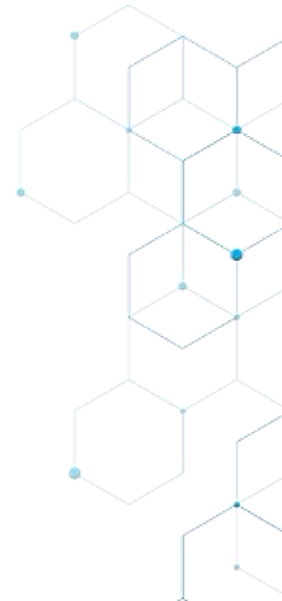
- **Decrease stress**
- **Improve sleep**
- **Give you more energy**
- **Improve memory and concentration**
- **Elevate mood**
- **Promote healing**





SLEEP QUIZ

On a scales of 1-10, how important is your sleep quality to your daily life?





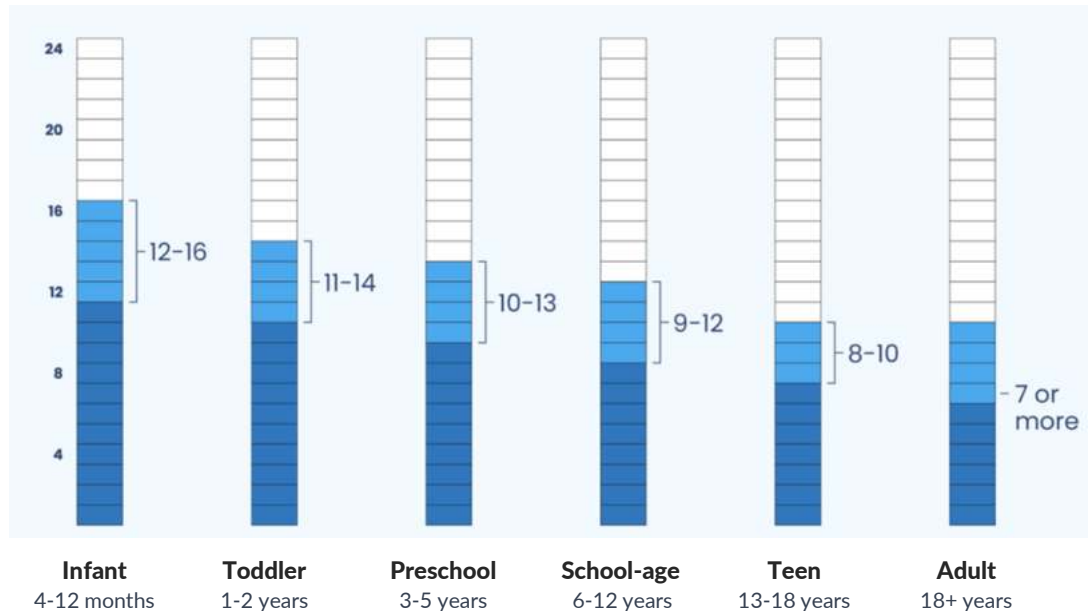
SLEEP QUIZ

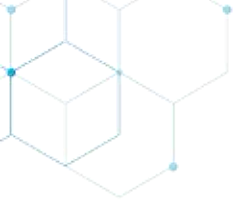
Select which statement best describes your sleep challenges and goals:

- I need help falling and staying asleep
- I am challenged by insomnia
- I want to create a better sleep environment (mattress, pillows, etc.)
- I want to better understand my sleep challenge
- I have breathing and snoring challenges
- I have pain during and after sleeping (back, etc.)

HOW MANY HOURS OF SLEEP DO WE NEED?

RECOMMENDED HOURS OF SLEEP





WHAT HAPPENS WHEN WE FALL SHORT?

How sleep affects your health
SLEEP DEPRIVATION

IMPAIRED COGNITION
Lack of sleep impairs memory and your ability to process information.

HIGHER LEVELS OF ANXIETY
Lack of sleep raises the brain's anticipatory reactions, increasing overall anxiety levels.

STROKE RISK
When you sleep 6 hours or less a night, your chance of a stroke increases 4x.

INCREASED RISK FOR DIABETES
Lack of sleep increases cortisol and norepinephrine, both are associated with insulin resistance.

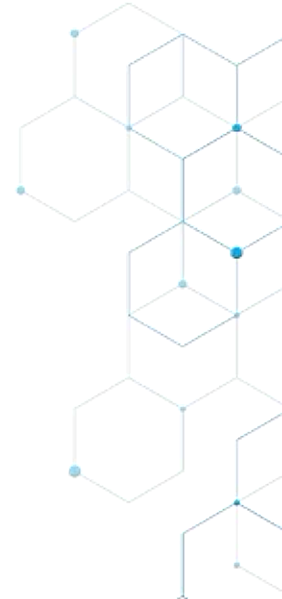
INCREASES SYMPTOMS OF DEPRESSION
A lack of sleep disrupts neurotransmitters to the brain which regulates mood.

INCREASED RISK OF BREAST CANCER
Melatonin decreases when you are exposed to light late at night. A decrease in melatonin disrupts estrogen production which can lead to breast cancer.

INCREASED RISK FOR HEART DISEASE
Blood pressure decreases when you sleep.

WEIGHT GAIN
Sleep helps balance hormones that make you feel hungry and full.

Adventist Health
livingwellpdx.org



SO WHAT CAN WE DO?

1. Keep a consistent sleep schedule – get up at the same time every day, even on weekends and vacation!
2. Don't go to bed unless you are sleepy.
3. If you don't fall asleep after 30 minutes, get out of bed.
4. Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
5. Limit exposure to bright lights in the evenings.
6. Turn off electronic devices at least 30 minutes before bedtime.
7. Don't eat a large meal before bedtime.
8. Exercise regularly.
9. Maintain a healthy diet.
10. Avoid consuming caffeine and alcohol in the evening.





ROUTINE BREAK

What you can do to change your sleep/rest?

WHAT ROLE DO WEARABLES PLAY?

COMMON STRESS TRACKERS



- Resting Heart Rate
- Heart Rate Variability (HRV)
- EEG Sensors

COMMON SLEEP TRACKERS



- Sleep Cycles
- Snore Detection
- Breathing Rate



WHAT ARE SOME GOOD RECOMMENDATIONS?



Fitbit



Muse S headband



Myant Skiin Chest Band



Apple Watch



Withings Sleep tracking mat



Myant Skiin Bra

BUILDING AND MAINTAINING A ROUTINE 101

1. Keep the routine less rigid.
2. Expect days where not everything (or anything) gets done.
3. Expect bad days.
4. Be kind to yourself.
5. Minimize the size of a task or a problem.
6. Get help from professionals when you need it!



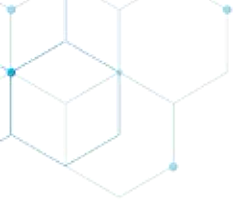
HOW DO WELLNESS PROGRAMS HELP?

A wellness program is a structured holistic approach that helps promote wellbeing in the main areas of health.

- Nutrition
- Exercise
- Stress Management
- Mental health

Wellness programs provide support and guidance for people who need help in more than one key health area.





WHERE DO I GO FOR MORE INFORMATION?

Information about stress: <https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/>

Information about sleep: <https://www.heartandstroke.ca/heart-disease/recovery-and-support/emotions-and-feelings/sleep>

Information about methods of relaxation:

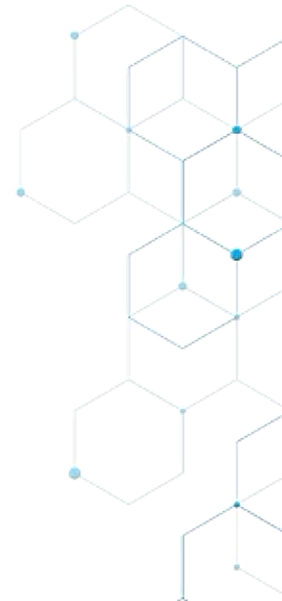
<https://www.concordia.ca/cunews/offices/provost/health/topics/stress-management/manage-stress-relaxation-strategies.html>

How to track my sleep?

<https://myanthealth.com/>

Where can I find a wellness program?

<http://www.my-view.ca>



QUESTIONS?

