

Introduction to Sleep Matters

Patient Information – Physiotherapy SMHS

WHY DO WE SLEEP?



Daily
'Re-Charge'



Daily
'Re-Set'

Sleep restores every process and system in our body.
How well we sleep impacts on every aspect of life and wellbeing.

WHAT IS 'HEALTHY' SLEEP?

Healthy sleep is about **quality**, including **sleep cycles** and how **refreshed** it makes us feel, as well as **duration**.

How much sleep we need varies but generally...



Infants:
Up to 16hrs

Children:
7.5-10hrs

Adolescents:
9-10hrs

Adults:
5-9hrs (avg. 7)

Older Adults:
Variable

WHAT PROCESSES CONTRIBUTE TO SLEEP?

Sleep is a **24-hour process** - what we do in the day-time affects how we sleep at night. Our sleep cycle is determined by two things already built into our system:



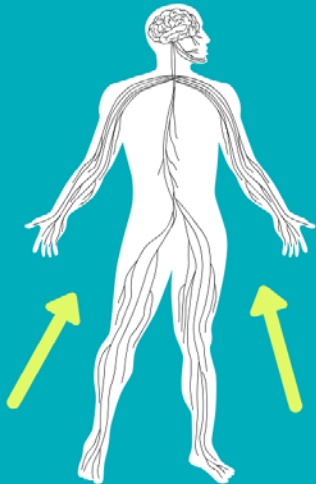
Our '**sleep drive**' or '**sleep pressure**' - How long we have been awake.



Our '**body clock**' which drives wakefulness - our circadian rhythm driven by centres in the brain.

The most effective sleep practices strengthen **both** of these to work as they are designed.

OUR NERVOUS SYSTEM



The arousal state of our nervous system is driven by our **brain**. It continuously monitors information our **bodies** are receiving from the **outside world**, as well as **internal processes** in our brain and body and what it is feeling.

With this information our brains and bodies can make moment-to-moment adjustments for what our system needs.

Most of the information our brain processes is **subconscious**. It can have stimulating or calming effects.

WHAT IS THE BEST THING FOR ME TO DO TO HELP ME SLEEP BETTER?

Matching activities and routine to the **24-hour process** of our day sends the **best signals to our nervous system**:

Daytime Activity	Evening Calming	Night Safety / Comfort
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The **best evidence** is for:



Exercise and Physical activity

Timing high energy activity for day time
Quieter movements later in the day
Reduce sedentary time



Changing behaviour and the way we think about sleep

Understanding how sleep works



Mind-Body Interventions

Releasing muscle tension
Quiet gentle breath

Created by: SMHS Physiotherapy, Hillmorton Hospital. **For more information about:** hospital and specialist services, go to www.cdhb.health.nz, or your health and medication, go to www.healthinfo.org.nz