

Invest in Your Rest



Quality sleep plays a fundamental role in living a healthy lifestyle. It directly affects the way we feel, look, and function on a daily basis. When sleep is interrupted or not fulfilled, we don't have a sufficient amount of time to process muscle repair, memory consolidation or release hormones that regulate growth and appetite.¹ With biological processes at stake, sleep is crucial for the quality of physical and mental health, motor skills, and daily productivity.

We understand that there are many components of life that contribute to the health of you and your family. Thriving on a daily basis whether at home, work, or school entails that you feel rested and energized, and a sleep disorder is sure to be an impediment. We hope that this guide will bring awareness to common types of sleep disorders and connect you with resources to help alleviate them.

How to support yourself

Whether you suffer from a major type of sleep disorder or experience a unique set of symptoms, below are resources to connect you with effective solutions.



National resource for managing your sleep disorder

The National Sleep Foundation is dedicated to improving health and well-being through sleep education and advocacy. Visit <https://www.sleepfoundation.org/> to access a library of information on sleep topics, sleep disorders, and sleep solutions including a public education program.



Good sleep habits to help manage sleep disorders

Try out these best practices to maximize the quality of your sleep:

- **Stay consistent:** Try to maintain consistency in the times you go to bed and wake up in the morning. Your body will start to acclimate to your circadian rhythm (body clock).
- **Say no to caffeine and alcohol:** When you drink caffeine or alcohol in the afternoon or evening, it can inhibit your ability to fall asleep at a timely hour.
- **Break a sweat:** Exercise triggers an increase in body temperature, and the post-exercise decrease in temperature promotes falling asleep. It may also reduce insomnia by decreasing arousal, anxiety and depressive symptoms, but be sure to not exercise too late in the day.³
- **Keep your room cool and dark:** Your brain and body prefer a dark, cool environment. A temperature range of 60 to 68 degrees Fahrenheit stimulates the production of melatonin, which encourages sleep.⁴
- **Dump the distractions:** Noises, bright lights, and electronics in the bedroom are a recipe for disaster at bedtime. Dedicate your room to quiet time without technology and distractions.
- **Try meditating before bed:** Whether you practice on your own or use a guided mobile app, meditation has been proven to be effective for encouraging healthy sleep patterns.⁵

It's ironic that one-third of life is spent sleeping, yet it is one of the most productive and beneficial processes to ensure that we feel our best.¹ Additional mental health resources may be available to you through your employer-sponsored medical plan or employee assistance program.

Do you identify with any of these sleep disorders?

Although there are more than 80 different types of sleep disorders, the following list outlines the most common and major conditions²:

- **Insomnia:** When you're unable to fall asleep and stay asleep. This is the most common type of sleep disorder.
- **Sleep apnea:** A breathing disorder which causes you to stop breathing for 10 seconds or more during sleep.
- **Hypersomnia:** If you are unable to stay awake during the day. This includes narcolepsy, which causes extreme daytime sleepiness.
- **Circadian rhythm disorders:** Problems with the sleep-wake cycle. This makes you unable to sleep and wake at the right times.
- **Parasomnia:** Acting in unusual ways while falling asleep, sleeping, or waking from sleep, such as walking, talking, or eating.
- **Restless leg syndrome (RLS):** A tingling or prickly sensation in your legs, along with a powerful urge to move them.

1. N. S. F. (What Happens When You Sleep? Retrieved from <https://www.sleepfoundation.org/articles/what-happens-when-you-sleep>
2. M. (2019, July 3). Sleep Disorders. Retrieved from <https://medlineplus.gov/sleepdisorders.html>
3. N. S. F. (2019). Exercise & Insomnia: Natural Remedy. Retrieved from <https://www.sleepfoundation.org/articles/how-does-exercise-help-those-chronic-insomnia>
4. (2019, June 13). Here Are The Effects Of Sleeping In A Cold Room. Retrieved from <https://www.sleepadvisor.org/sleeping-in-a-cold-room/>
5. Ong, J. C., Manber, R., Segal, Z., Xia, Y., Shapiro, S., & Wyatt, J. K. (2014, September 1). A randomized controlled trial of mindfulness meditation for chronic insomnia. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/25142566>