

Sleep Issues & Remedies Class

8-20-2017 Dr. Dennis Hwang



Insomnia:

- Causes
- Remedies
- Questions



BOLGPC Wellness Seminar

Insomnia

Insomnia is when you have difficulty falling asleep or staying asleep, as long as you want to. Acute can be 1 night to 3 weeks. Chronic occurs over several months. Sleep Health Foundation estimates 1 in 3 people have at least a mild form of insomnia

Common Causes: When in bed, you...

- **Have Restless leg syndrome .. common**
- **Snoring – Sleep Apnea ... common**
- **Excessive Movements**
- **Nightmares**
- **Thinking**



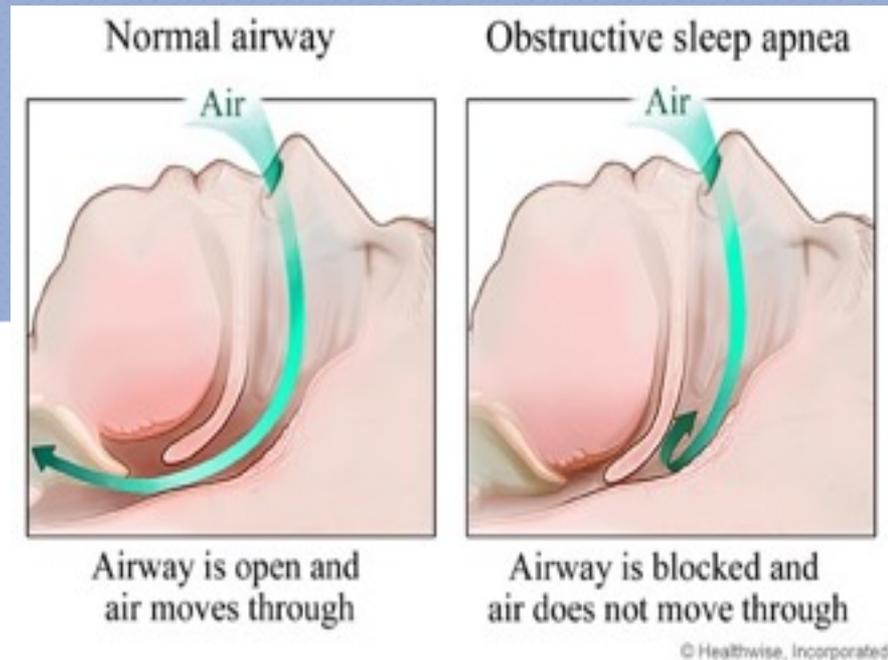
Most Common kinds of Insomnia:

Can't fall asleep, Wake up too early, and Wake up too frequently.

SLEEP APNEA

Another Cause: Do you

- **Snore?**
- **Stop breathing in your sleep?**

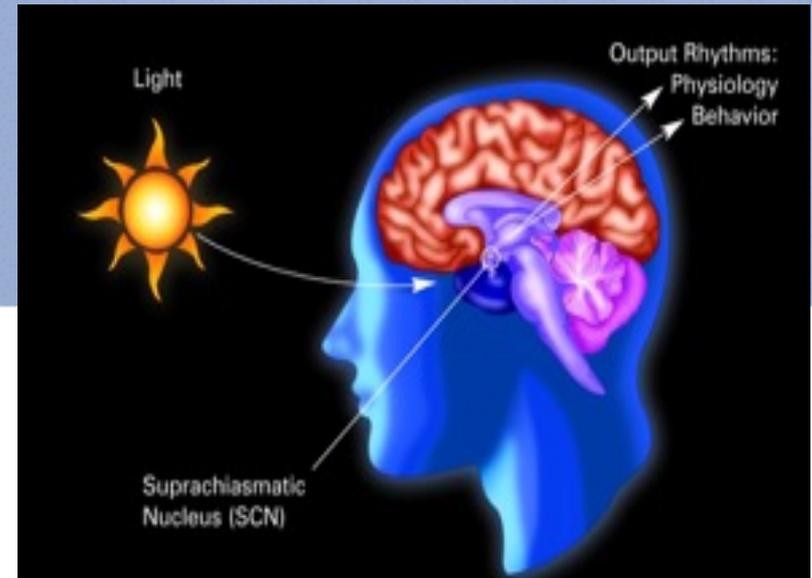


- **Untreated apnea causes unrestful sleep, and is **very** stressful to your body & heart.**
- **Also disturbs your spouse.**
- **More common in Asians**

**Asians can have sleep apnea:
they have narrow air ways**

Circadian Rhythm

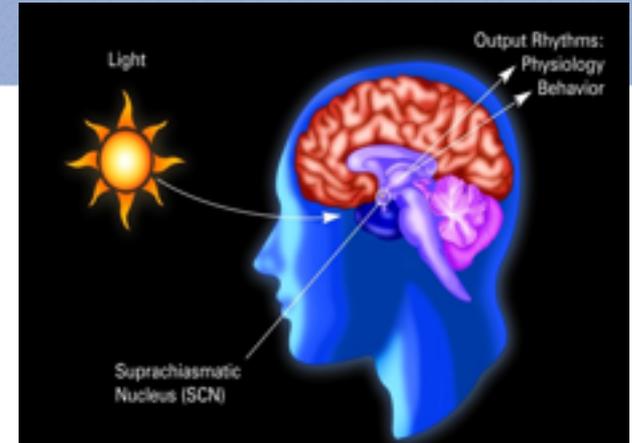
Brain has an internal clock that is affected by light and temperature.



- Light - is Day, instantly stimulates wakefulness
- Dark takes 3 to 4 hours to stimulate sleepiness - with melatonin

How to regulate your brain clock:

- **Circadian rhythm can be disrupted by:**
 - Not enough light in the morning,
 - Too much “blue” light at night
 - Irregular schedules.



Having a regular schedule improves sleep

- Get up at the same time 7 days a week
- Get sunshine exposure after waking
- **But wait until sleepy to go to bed**

Avoid naps....



- 80% of people with insomnia sleep **WORSE** when they nap
- Only 20% of people with insomnia sleep **BETTER** when they nap (retired or shift workers).
- Limit nap to **30 minutes, not after 3pm.**

**Electronic light sources
stimulate wakefulness
just like sunlight.**



NO Television in Bed

NOT in BED

- Iphone,
- Smart phone
- iPads, Tablets



NOT in BED

- emails
- ebooks

Blue Blocker Glasses

Wear from sundown until bedtime to promote natural sleepiness.



**Regular styles - plastic shield,
Example – Pyramex Venture II ®
available@ amazon.com**

**“Fit-Over” styles are worn over
prescription glasses, available from
SolarShield ® or SunShield®
available@ amazon.com**



Blue Light Reduction

Activate display settings on mobile devices

Example on iPhone .. NIGHT SHIFT

f.lux, twilight, and other apps can lower the light level on electronic devices at sundown automatically



What's your sleep IQ?

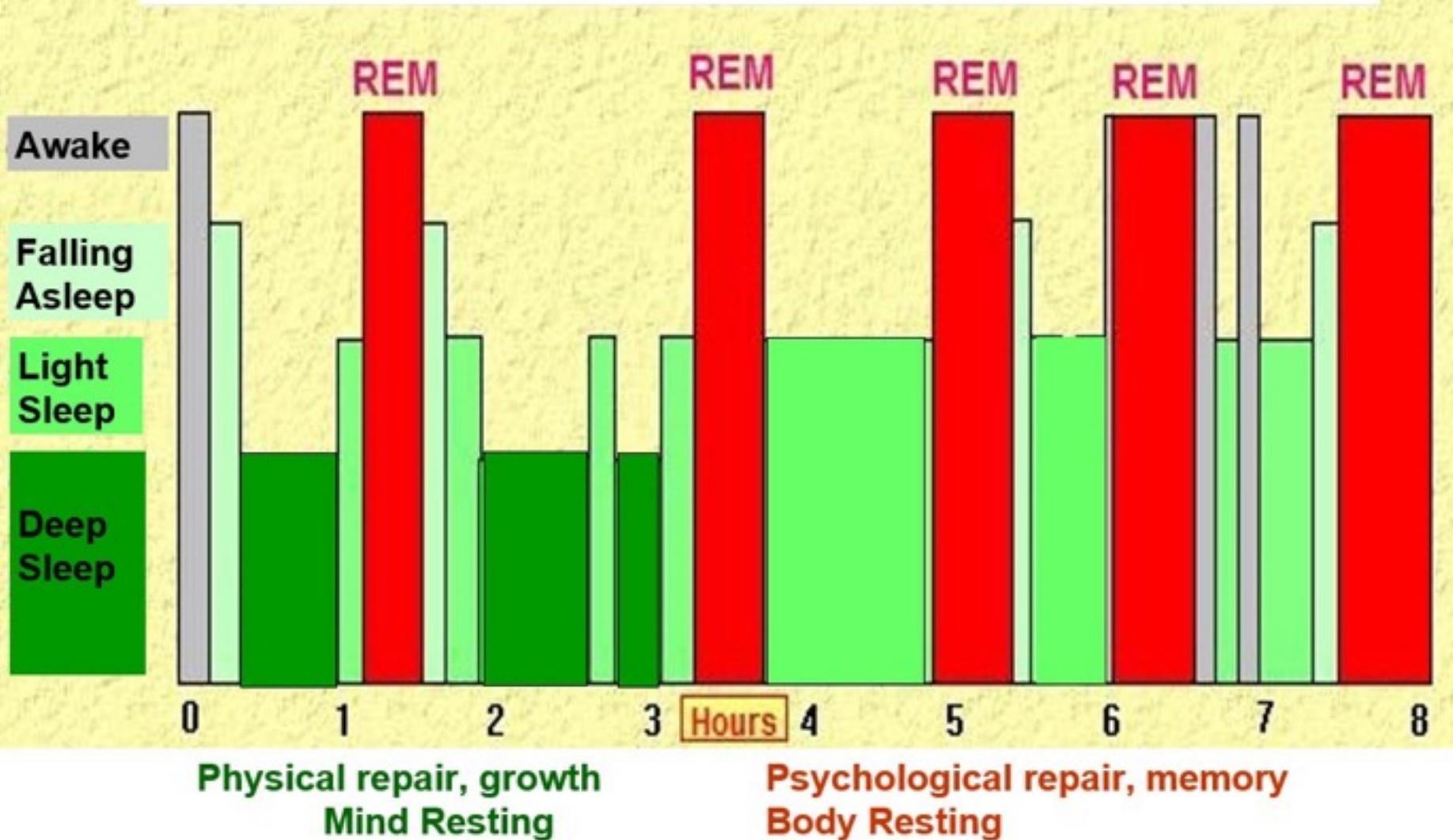


Common understandings & mis-understandings about sleep

1. How much sleep do you need? 6-8 hours
2. What to do if you can't fall asleep?
3. How to stay asleep through the night?
4. What happens to your body and mind during sleep?

Body is busy ... repairing & restoring...

Normal Adult Sleep Pattern



Chronic Insomnia

Insomnia is a problem with:

- **Falling asleep and/or**
- **Staying asleep**

Daytime symptoms:

- **Fatigue, Low energy, Irritability,**
- **Moody, Anxious, Forgetful,**
- **Less motivation, Poor concentration**
- ***NOT sleepiness.***

Chronic insomnia is more than 3 days per week for more than 3 months.

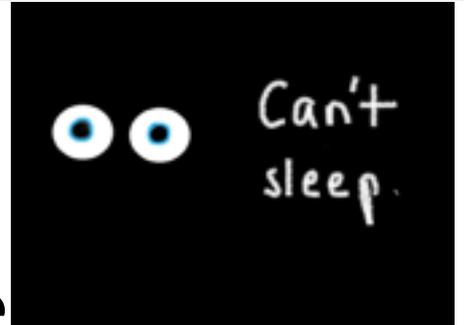


Sleeping Pills only Short Term Solution:

**Ambien, Ambien CR
Zaleplon (Sonata)
Temazepam (Restoril)
Triazolam (Halcion)
Doxepin (Silenor)
Estazolam
Eszopiclone (Lunesta)**

Common approaches that worsen sleep:

- Trying harder to fall asleep.
- I can't function without 8 hours sleep.
- I can't control my racing mind at night.
- I should sleep as well as my partner.
- I can't have a good day if I didn't sleep well.
- I have lost control over my ability to sleep.
- I can't sleep without medication.



Behaviors that worsen sleep:

1. Lying in bed, trying to sleep
2. Lying in bed, worrying about sleep
3. Lying in bed, trying to increase sleep
4. Lying in bed & monitoring sleep times (check time remaining)
5. Need TV, reading, etc. to relax to sleep
6. Drink alcohol to fall asleep
7. Napping during day to make up lost sleep
8. Avoid day activities if did not sleep well

Do your habits improve or worsen sleep? 你的習慣是否有助睡眠？



Avoid避免:

Alcohol 酒精 (4 hours)

Caffeine 咖啡因 (8-12 hours):

coffee, tea, 咖啡, 茶

energy drinks 能量飲料

chocolate, soda

巧克力, 蘇打水



Avoid避免: Large meal < 4 hours

before bedtime 大餐<睡前4小時



Healthy Sleep Habits

健康的睡眠習慣

Exercise improves sleep 運動改善睡眠 –

Best time is
morning or afternoon.
最好的時間是早晨或下午

Not within 4 hours
of bedtime
不要在睡前4小時內



Design your bedroom for SLEEP

設計臥室適於睡眠

DARK 黑暗 - TV OFF 關電視

No Computer, Phone, iPad
關電腦, 手機, iPad

- Sleep mask 眼罩
- Low light - bathroom breaks 低光
- Stay out of the kitchen 遠離廚房

COOL 涼爽 Try ice pack, gel mask
Cool gel pillow "Chillow"

QUIET 安靜

- Calming sounds, fan or soft ear plugs 軟耳塞

COMFORT 舒適 - demonstration

- Bed and pillows 床和枕頭



Mask &
Ear plugs



Cool
pillow



Comfortable pillows &
bed



White noise
generator

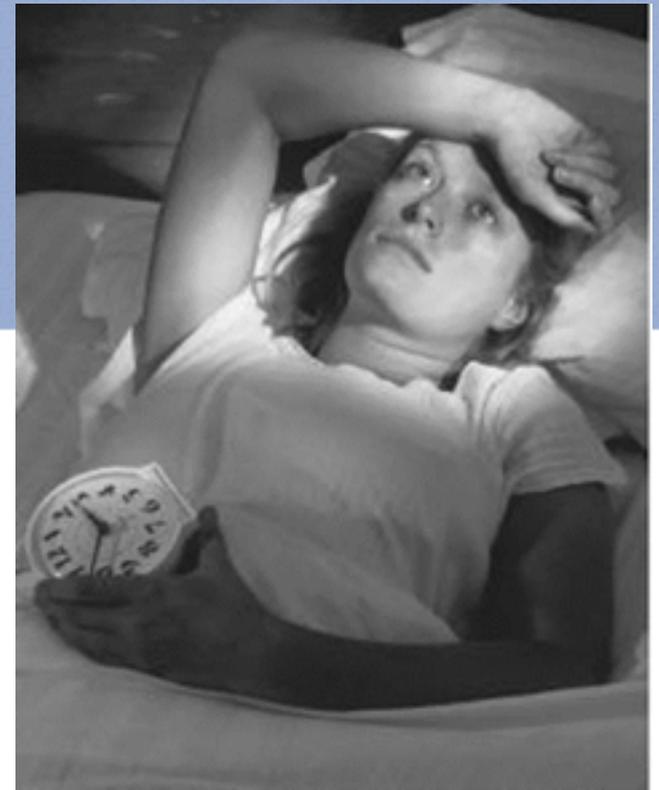
Healthy Sleep Habits

健康的睡眠習慣

#1: Never check the time after going to bed.

上床後不要再看時間

- **Clock watching reduces sleep**
看時間減少睡眠時間
- **And increases anxiety over time remaining**
增加焦慮
- **Use an alarm you cannot see.**
使用你看不到的小鬧鐘



Bed should be a vacation, a sanctuary of rest for your mind



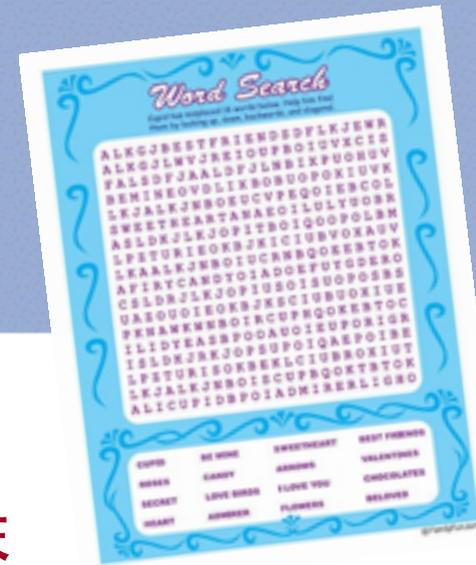
Your mind must be trained to know your bed is for rest not more work.



Or frustration of sleep.

How to fall asleep faster

如何快速入睡



- Go to bed **ONLY WHEN SLEEPY** 睏了再上床
- If unable to sleep or relax, go to another room and do something relaxing or boring in low light. Avoid reading books. 如果無法入睡或放鬆，請到另一間房間做點輕鬆的事！避免看書！
- Return to bed **ONLY WHEN SLEEPY** 睏了再回到床上
- Repeat as often as necessary. 必要時重複
- Get up at the same time every morning.
每天早上固定時間起床

SLEEP COMPRESSION THERAPY

睡眠壓迫治療



Ultimate Insomnia treatment
終極失眠治療

**A process to make your sleep time
more equal to your time in bed.**

使你的睡眠時間的過程更接近你在床上的時間

VERY EFFECTIVE 非常有效!!!

Requires self discipline for a few weeks
需要自律幾個星期

Gives excellent results. 取得了很好的成績

SLEEP COMPRESSION THERAPY

睡眠壓迫治療



EXAMPLE

A person typically wakes up at 2 am. The Therapy will have the person go to bed at 2 am, and wake up at 7 am.

Continue the sleep routine of 2 am to 7 am, until sleeps steadily for 5 hours. Then adjust to 1:30 am to 7 am, for several days until sleeps steady for 5.5 hours. Then shift to 1:00 am to 7 am, and continue until the person can sleep for 7 hours without waking up.

Worry 憂慮 vs Concern 關注

在白天解決所關注的問題
完全清醒時探索解決方案

**Problem solve concerns in daytime.
Explore solutions when fully awake.**

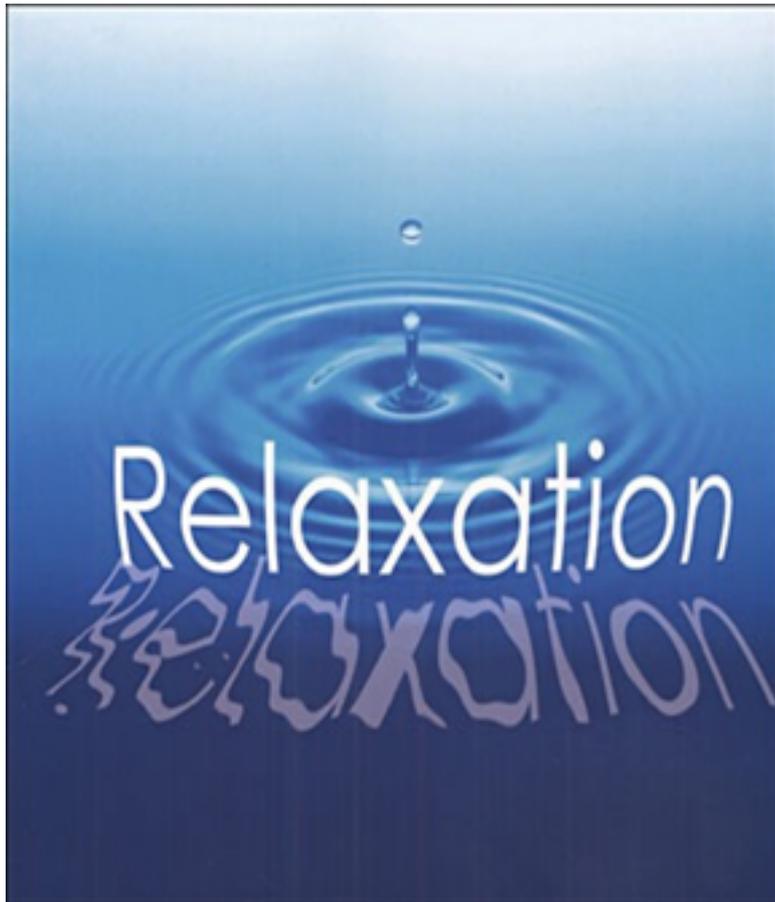
在睡前, 脫下“憂慮”



Then at bedtime, instead of “worrying”
you can...

- **do Relaxations and 放鬆**
- **Choose bedtime thoughts to be positive 正面思想 and practice “gratitude”...感恩...**
- **count your blessings ...數算主恩**

Calming your mind and body naturally
To improve mood and sleep with ...



- **Meditation**
- **Mindfulness**
- **Deep Breathing**
- **Muscle relaxation**
- **Guided imagery**
Explore your options

RELAXATION 放鬆



DEEP BREATHING 深呼吸

Progressive Muscle RELAXATION 漸進式肌肉鬆弛法

Hands 手

Arms 雙臂

Shoulders 雙肩

Neck 頸部

Face 面部

Chest and abdomen 胸腹部

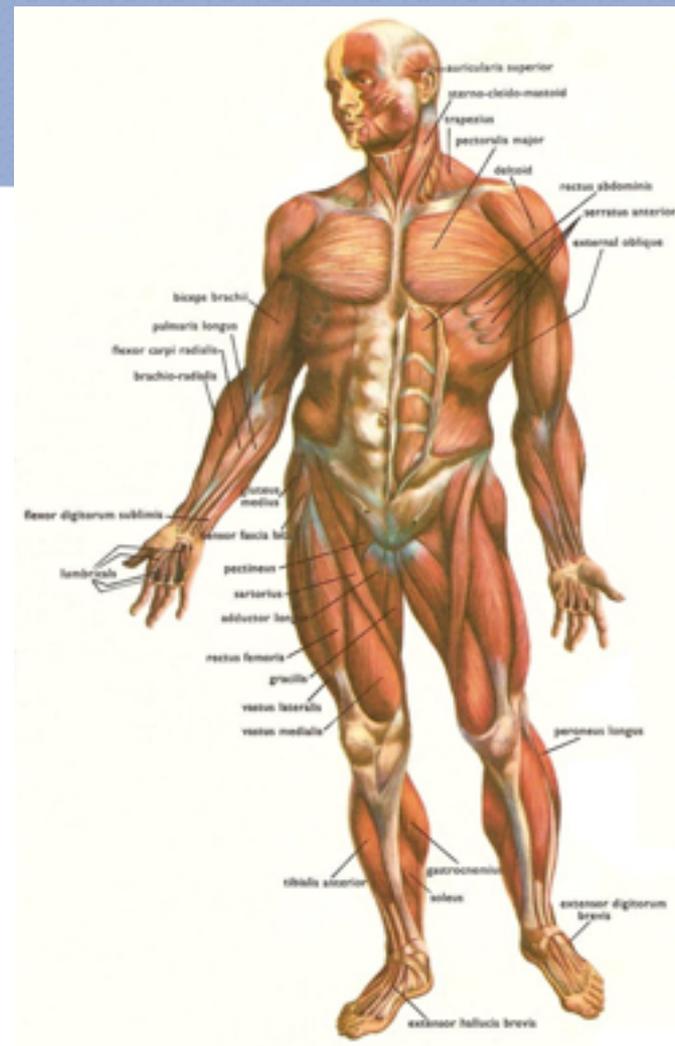
Back 背部

Buttocks 臀部

Thighs 大腿

Calves 小腿

... whole body 全身



Pre-Bedtime Routine 睡前常規

Schedule time to unwind from your day
安排時間放輕鬆

Turn off electronics, TV, phone 關電視手機

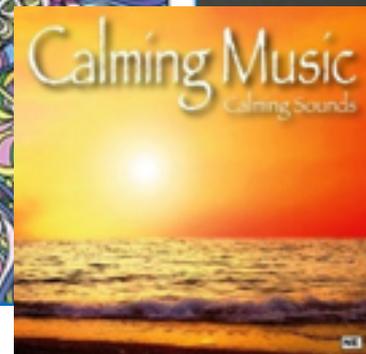
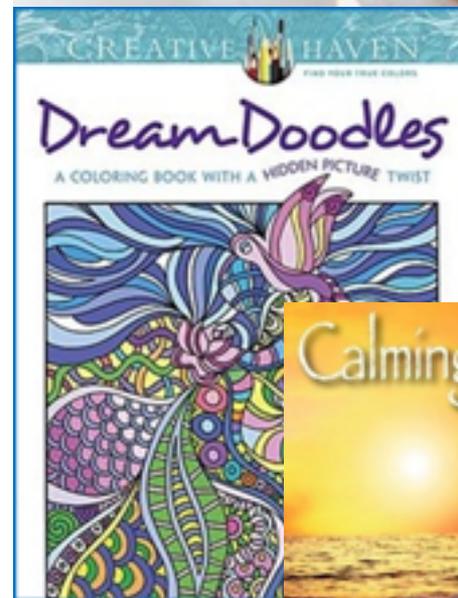
Stop the constant flow of information to your mind
停止不斷的接收信息 –

Allow it to relax 讓頭腦放鬆.

Get ready to hibernate 準備好眠

Change your current pattern 改變你目前的模式

- **Before bedtime** 睡前:
- Listen to relaxing music
聽輕鬆的音樂
- Warm bath 洗溫水澡
- Read boring book 讀無聊的書
- Color - doodle 著色 - 塗鴉.
- Relaxation exercises / tapes
練習放鬆/磁帶
- Wait until sleepy to go to bed.
等到睏了才上床



Insomnia Plan Review

改善失眠計劃

- Morning sunlight 早晨陽光
- Daytime problem solving 白天解決問題
- Sleep hygiene (caffeine, exercise, etc.)
睡眠衛生（咖啡因，運動等）
- Limit napping 限制小睡
- Caution with evening light (glasses) 夜燈
- Pre-Bedtime Routine to get sleepy 睡前常規
- Bedroom (dark, quiet, cool) 臥室（黑暗，安靜，涼爽）
- NO visible clock, TV, computer, electronics in bed 關電視電腦手機
- Bedtime positive thinking and relaxation exercises 正面思考，放鬆
- No activities in bed but sleep, intimacy, relaxation
上床後只能睡覺，親密，放鬆，沒有其他活動

Medications that cause Sleep Disturbances if taken in the evening

- **Stimulants:**

- “Diet” pills or “Energy” supplements
- “Decongestant” or allergy pill “-D”
- Excedrin migraine ®
- Prednisone pills
- Asthma / COPD (Pro-Air, albuterol)

- **Anti-depressants**

- venlafaxine, bupropion (Wellbutrin),
- duloxetine, fluoxetine (Prozac)

- **Blood pressure medications:**

- HCTZ or Furosemide (Lasix®)
- Beta-blockers / calcium channel blockers

**Review your Rx and OTC medications
Some are better taken in the morning.**



**Great alternative
for nasal
congestion
is sinus rinse**

Common Prescriptions for Insomnia



| Medication | Daily Dose | Effects and Considerations |
|---|--|--|
| <p>Sleep only medication: Zolpidem (Ambien®) Medicare, FDA now advises use with caution</p> | <p>Max 5mg</p> <p>Max #90 per year</p> | <p><input type="checkbox"/> Helps you fall asleep only</p> <p><input type="checkbox"/> Memory loss, dementia and parasomnias</p> <p><input type="checkbox"/> There is a risk of dependence and abuse</p> <p><input type="checkbox"/> Can have additive effects with alcohol /other medicines that affect the brain</p> |
| <p>Benzodiazepine: (anti-anxiety meds) Temazepam (Restoril®) (similar to Lorazepam or Alprazolam)</p> | <p>>65 =</p> <p>Max dose 15mg</p> | <p><input type="checkbox"/> Helps you stay asleep during the night</p> <p><input type="checkbox"/> Tolerance and dependence can occur with long term use</p> <p><input type="checkbox"/> There is a risk of dependence and abuse</p> <p><input type="checkbox"/> Breathing problems if mixed with narcotics or alcohol.</p> |
| <p>Antidepressants: examples: Trazodone Nortriptyline, Doxepin</p> | <p>50mg to 200mg (400mg max)</p> | <p><input type="checkbox"/> Helps you fall asleep and stay asleep</p> <p><input type="checkbox"/> Improves quality of deep sleep</p> <p><input type="checkbox"/> Effective in patients who have insomnia with or without depression – not addictive.</p> |

Over-The-Counter Sleep Aid Medications

- **Diphenhydramine**

- Advil PM
- Benadryl
- Simply Sleep
- Tylenol PM
- Unisom SleepGels
- ZZZ-quil

- **Doxylamine**

- Unisom SleepTabs
- Vicks Nyquil

Antihistamine medications Reduce Anxiety

- **Minimally effective for sleep**
- **Reduce sleep quality**
- **Cause drowsiness the next day**
(For allergy: Zyrtec, Claritin, or Allegra are preferred)
- **Cause Restless Leg syndrome**
- **Worsen prostate, glaucoma, and constipation conditions in elderly (over 65)**

Melatonin helpful for sleep maintenance and quality

褪黑激素有助於維持睡眠和質量

- **Jet lag 時差**
- **Shift changes at work 工作排班改變**
- **Teenagers with delayed sleep 青少年睡眠障礙**
- **Over 50 years old 五十多歲**

Insomnia 失眠:

- **Over-the-counter, take 3mg pill or 5 mg sublingual**
非處方藥, 服用3毫克藥丸或5毫克, 舌下
- **30 minutes before bedtime, then stop electronics.**
睡前30分鐘, 關機

Caution:

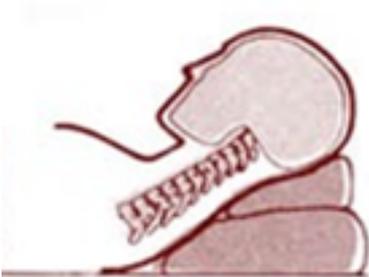
Many medications can decrease normal melatonin production.

許多藥物可以減少正常的褪黑素生成。

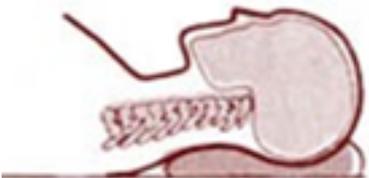
Light, caffeine and alcohol greatly reduce melatonin production.

光、咖啡因和酒精大大減少褪黑素的產生

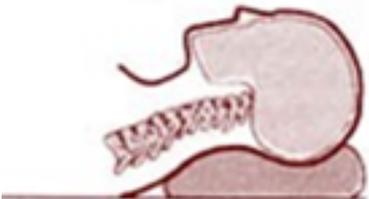
Neck “neutral” spine position



Too High



Too Low



Normal Back Position



Align nose with the center of your body



© Healthwise, Incorporated



SLEEPING ON YOUR BACK

Recommendations

Is her back in “neutral spine” alignment?



No- Head too high, knees tented instead of elevated to support back

**Instead, A wedge can
relieve
low back pain.**



SIDE SLEEPING Recommendations

Is her back in
“neutral spine”
alignment?

Yes. Her neck straight to spine,
Legs supported knee to
ankles

Laying back on a large pillow
or wedge can relieve hip and
shoulder pain.



Q & A Jetlag Remedy

A way of re-adjusting to the local day & night cycle

**Arrive.. Too early to go to bed.
(Travel West, i.e. fly from LA to Taipei)**

Activity to stay awake

Take Melatonin 2 hours before bed time.

**Arrive.. Wake up too early.
(Travel East, i.e. fly from Asia to LA)**

Take Melatonin and go back to sleep.