

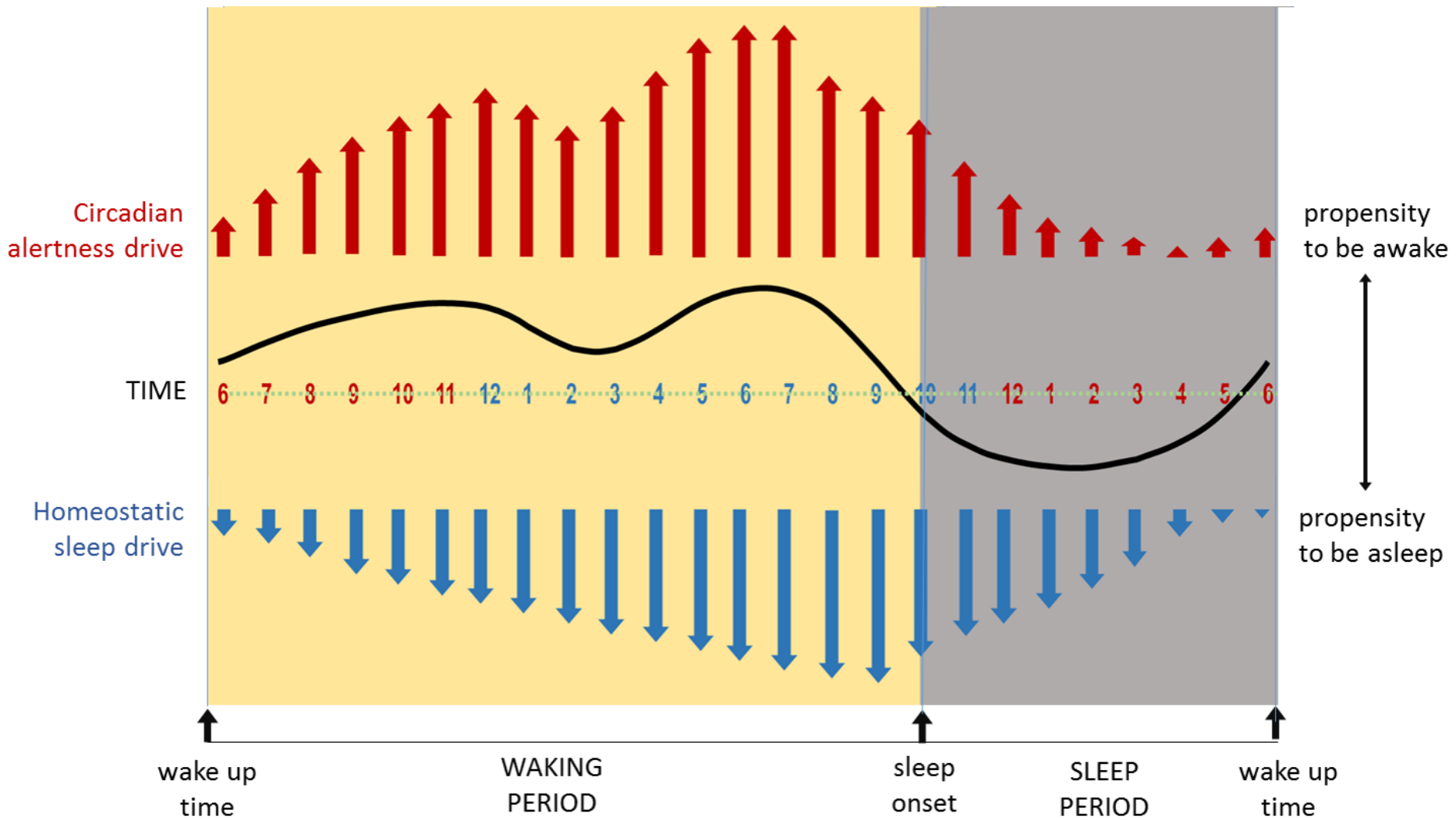
The sleep paradox: a horizontal answer to poor energy and cognitive function

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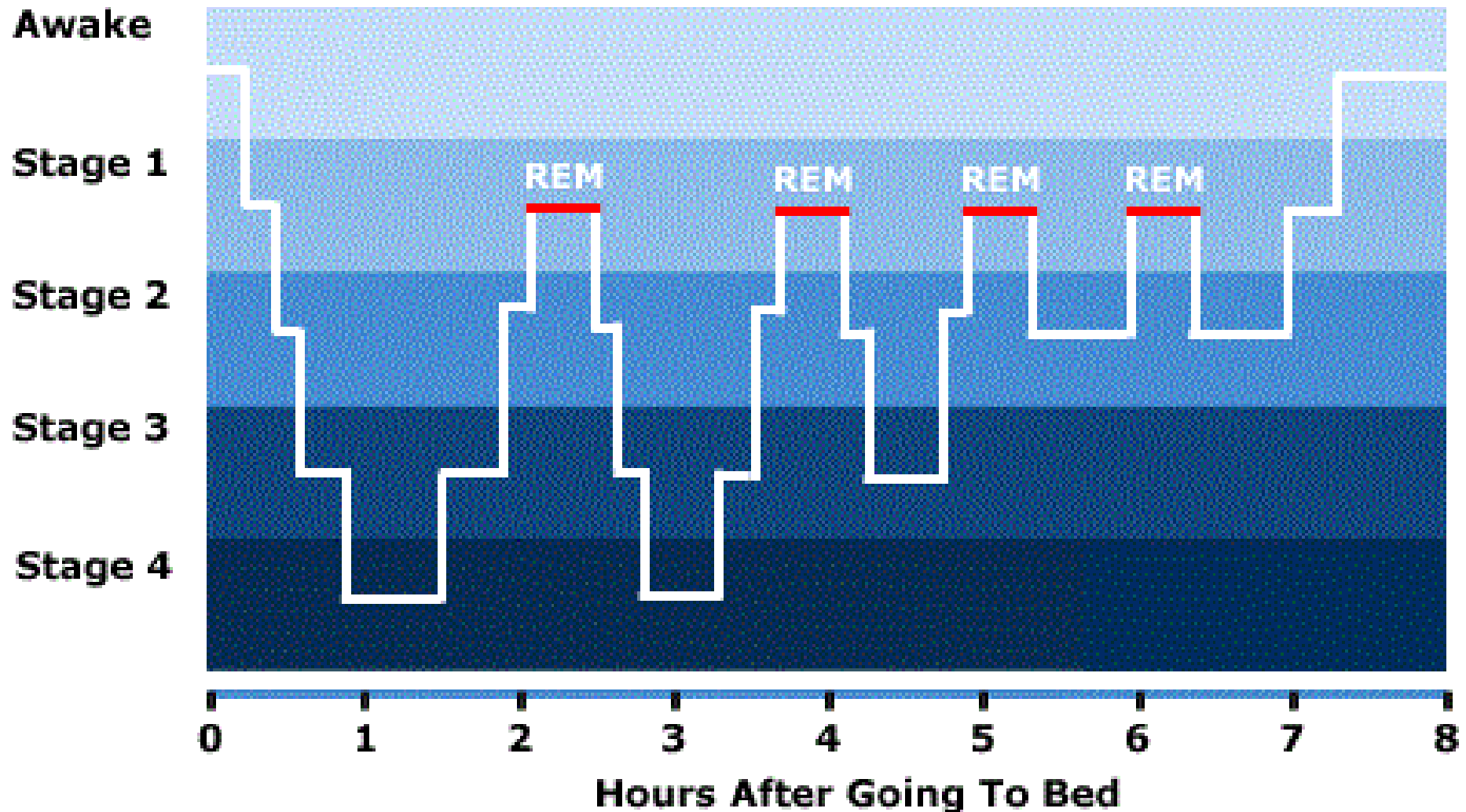


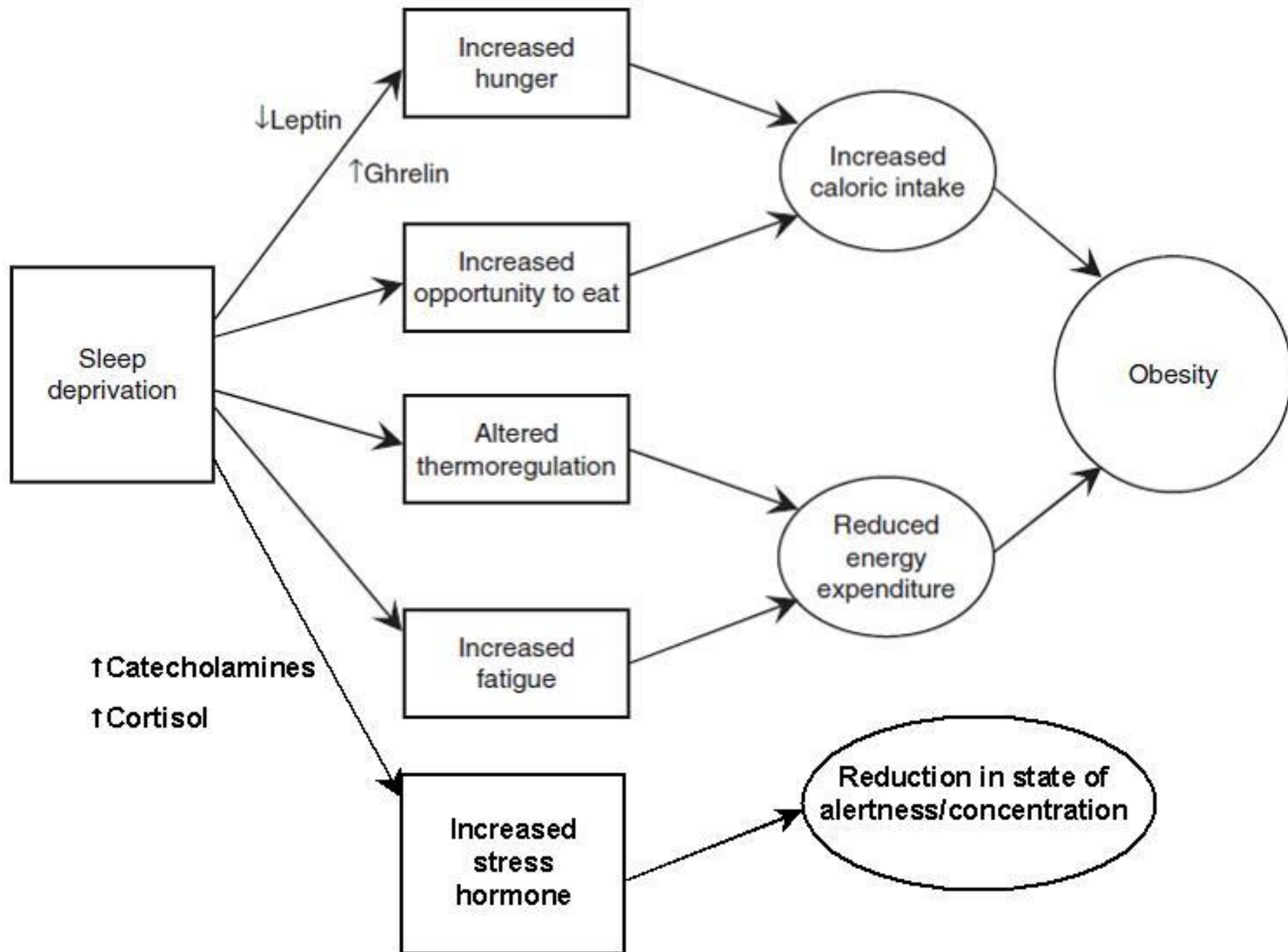
Process C



Process S

A Typical 8 Hour Sleep Cycle





Quiz

1. How many hours sleep should an adolescent have each day?
2. What is a zeitgeber?
3. List three things that affect sleep
4. True or false: during sleep the brain rests
5. True or false: Shift work is easy to adjust

Quiz

6. Three-thirty-itis is not a sign of needing more sleep
7. Do we need less sleep after 60 years of age?
8. Will you die without sleep?
9. What is the hormone associated with sleep?
10. What is the world record for the longest period without sleep ?





too Hot



too Cold



just Right





Helps you sleep

Go to bed and get up at the same time every day

Don't watch TV before bed

Stay hydrated

Doing relaxation exercises before bed

Spend time in the daylight

Read a book in bed

Have a light dinner, and not too late

Don't do the things below!

SLEEP HYGIENE - THE GOOD AND THE BAD

Keeps you awake

Coffe and chocolates after dinner

Poor quality bedding

Stay indoors all day and do no exercise

Worrying about things happening in the future

Using a computer just before bedtime

Lie in bed for hours getting annoyed that you can't sleep

Go to bed too early when you're not tired

Hot bedroom with no air circulation

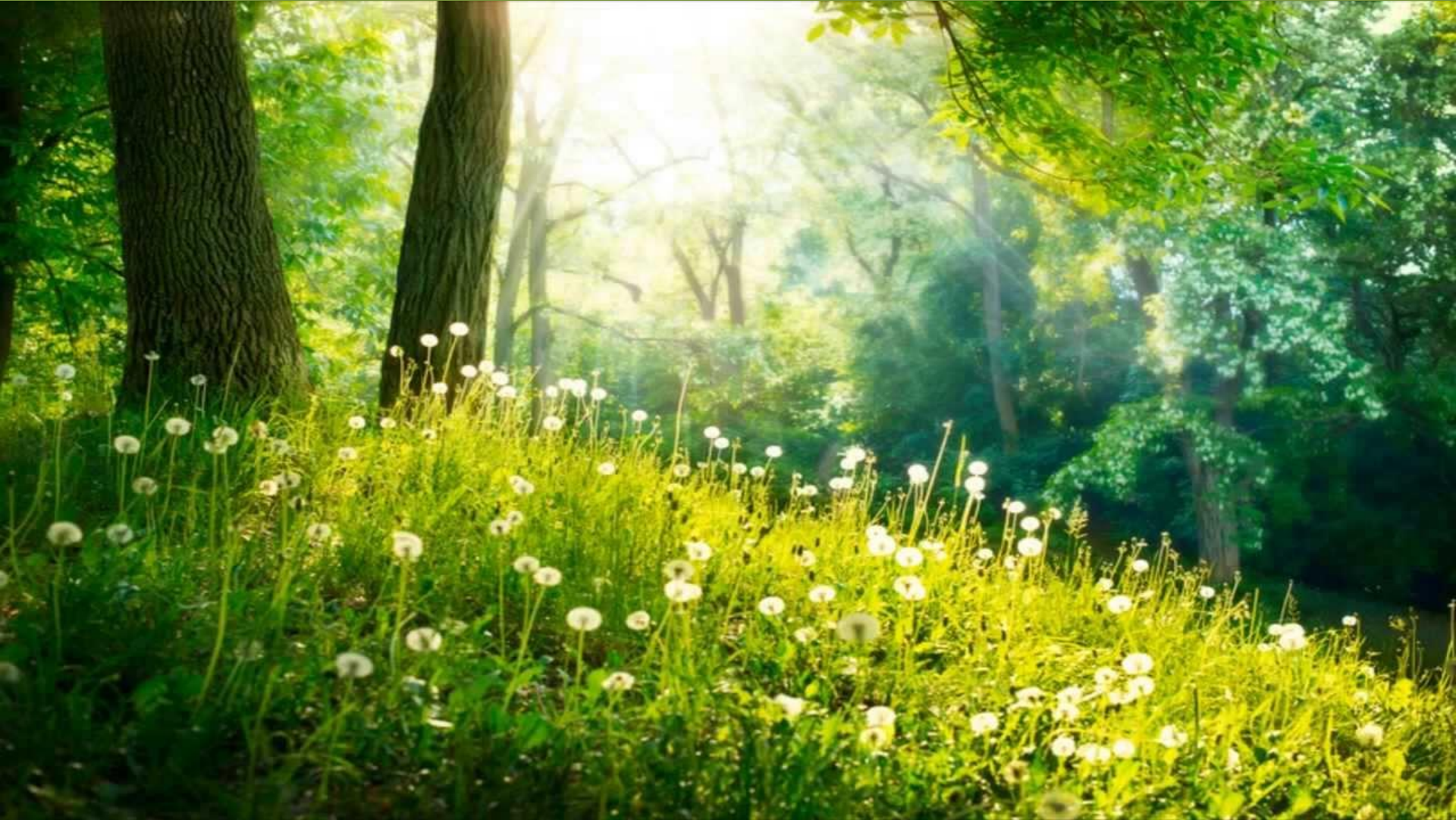




" I TRY AND ENCOURAGE
HIS SLEEP WALKING - IT'S THE
ONLY EXERCISE HE EVER TAKES "







Summing up

- Add sleep hygiene to public health messages
- Encourage GP's to talk about sleep with patients
- Could help support physical activity and nutrition programmes
- We could all do with a good nights sleep

He patai?

