



The Power of ZZZ's

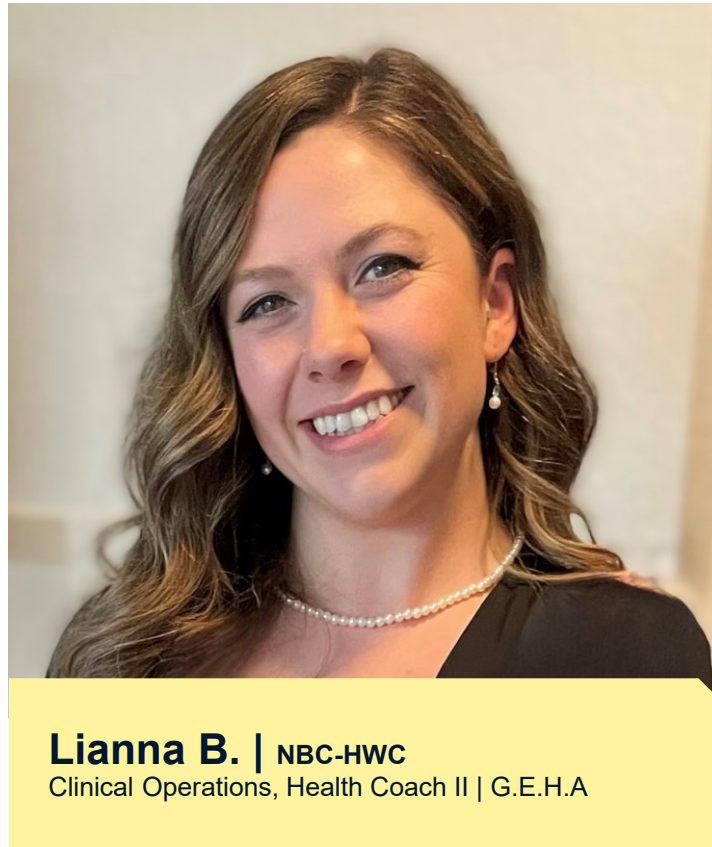
Tips for a restorative night

Webinar tips



- You will find a PDF of the slides in the Resources list
- Closed captioning will be available during the webinar
- The webinar audio will be played through your computer. No need to mute your device.
- Technical issues:
 - Try refreshing your browser
 - Use Chrome browser for the best viewing experience
 - Email ON24 at audience.support@ON24.com
- Non-technical questions? Email WellnessWebinars@geha.com

Today's presenter



Lianna B. | NBC-HWC
Clinical Operations, Health Coach II | G.E.H.A

The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen, or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.

Agenda



Mechanics
of sleep



Importance
of sleep



Sleep habits



Consequences
of sleep
deprivation



Sleep hygiene
recommendations

Mechanisms of sleep



Well-being and sleep



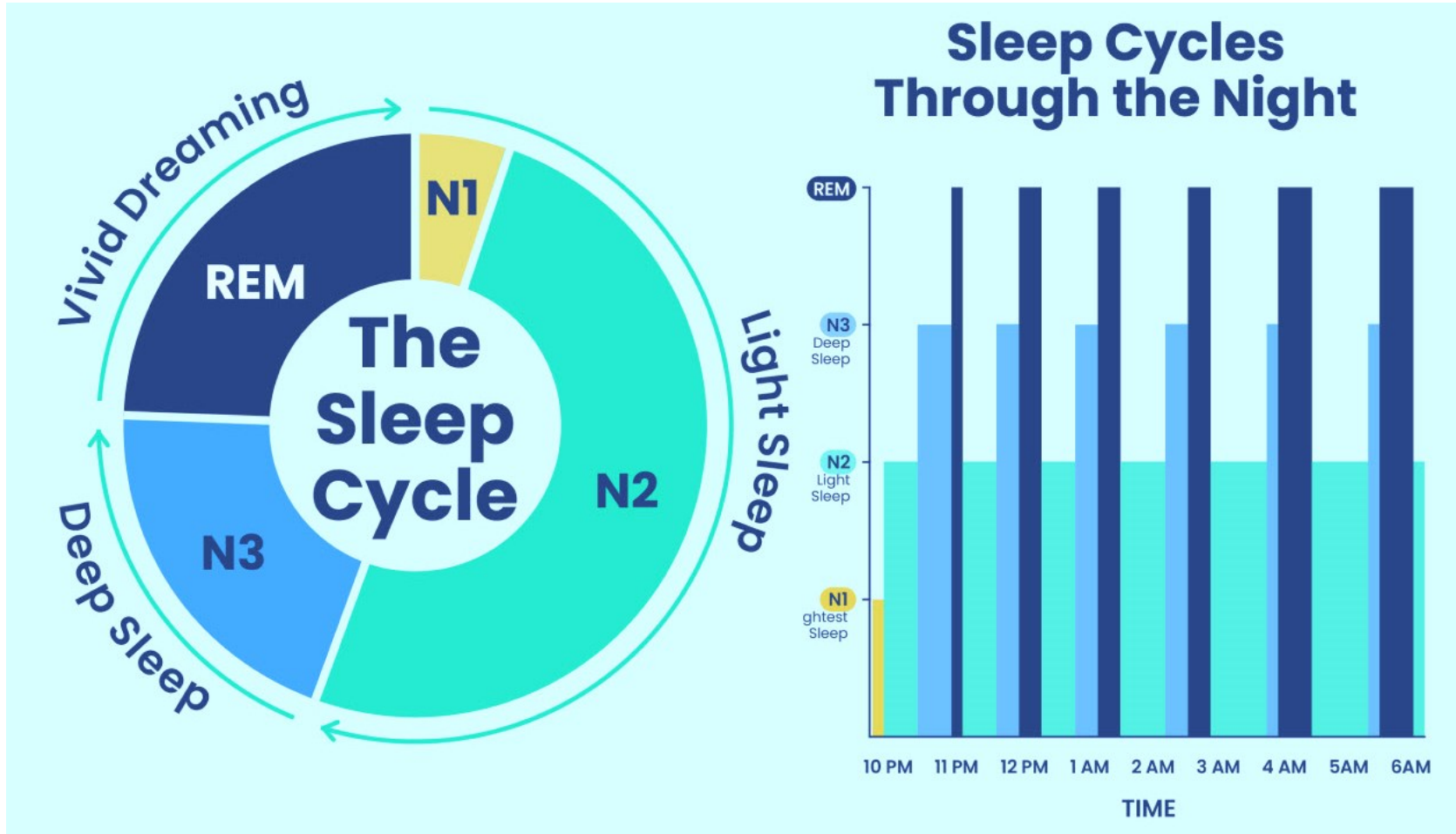
What happens during sleep

- **Decreased heart rate**
- **Decreased respiration**
- **Decreased muscle tension**
- **Decreased brain activity**



Source: [National Sleep Foundation](#)

Stages of sleep



Source: [National Sleep Foundation](#)

How the body regulates sleep

- **Sleep-wake homeostasis**
- **Circadian rhythms**
- **External factors**
- **Chemicals and hormones:**
 - Adenosine
 - Serotonin
 - Melatonin



Importance of sleep

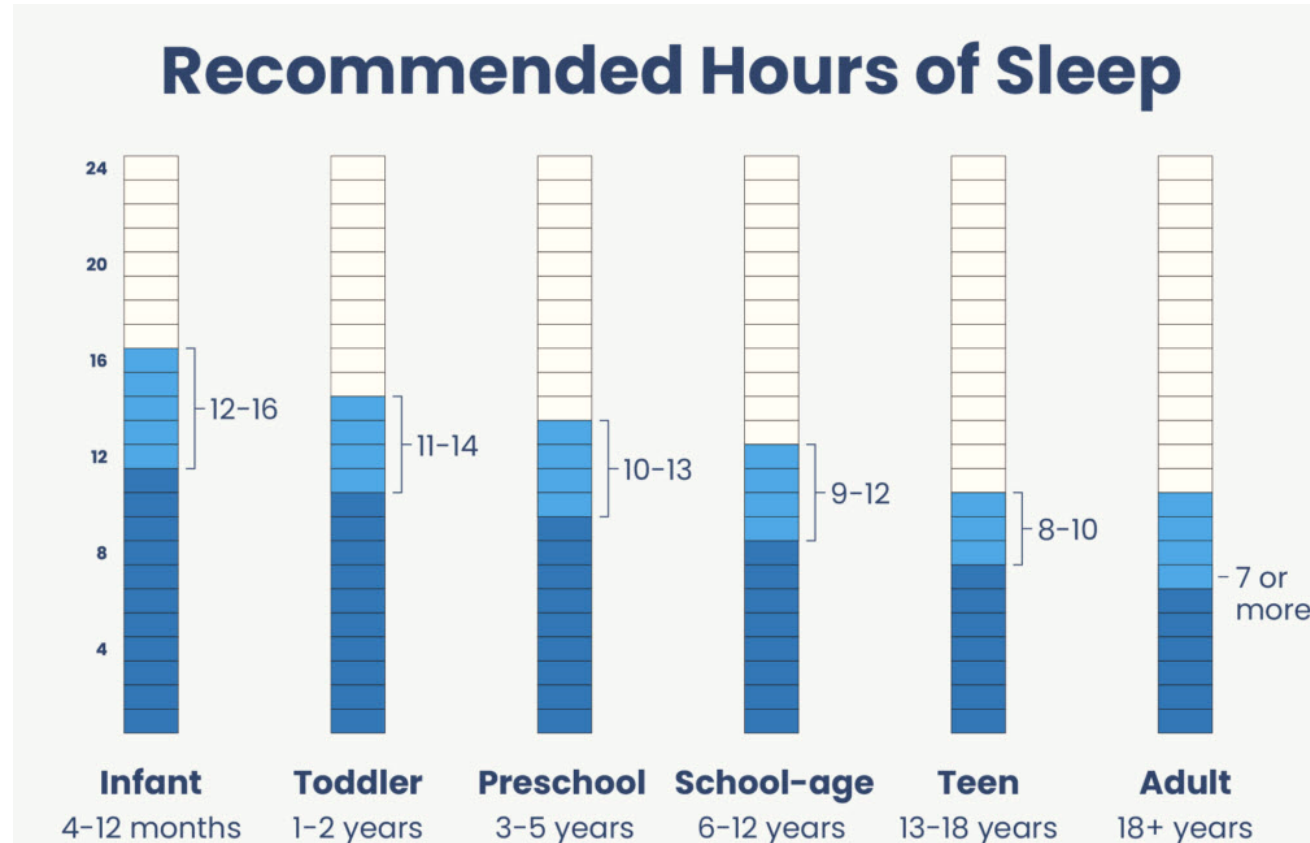




How many hours of sleep do you get per night?

- A. Less than 5 hours**
- B. 6 hours**
- C. 7–8 hours**
- D. 9–10 hours**
- E. More than 10 hours**

Sleep recommendations



Source: [Sleep Foundation](#)



How are we sleeping

- **Over 1/3 of U.S. adults report sleeping fewer than 7 hours per night**
- **48% of workers say they are regularly tired during the day**
- **81% of U.S. adults report napping 10 minutes or longer in the past three months**
 - 7% nap daily
 - The average nap is 1 hour

Source: [National Sleep Foundation](#)

Sleep and health



Sleep and physical health

- **Obesity**
- **Diabetes**
- **Cardiovascular disease**
- **Hormone levels**
- **Dental health**



Sleep and mental health

- **Short-term**
 - Excessive sleepiness
 - Decreased attention
 - Decreased emotional control
 - Impaired judgement
- **Long-term**
 - Impaired memory
 - Increased Alzheimer's risk



Sources: [Centers for Disease Control and Prevention \(CDC\)](#)
[National Sleep Foundation](#)

Sleep deprivation

- **Causes**
- **Symptoms**
 - Daytime fatigue
 - Lack of concentration
 - Poor decision making
 - Mood changes
- **Consequences**



Snoring vs. sleep apnea

- **Snoring**
 - Causes
- **Sleep apnea**
 - Breathing disorder
- **Treatments**
 - Talk to your doctor
 - Lifestyle changes
 - Mouthguards
 - Positive airway pressure devices



Source: [Sleep Foundation](#)

Sleep study resources

- **Talk to your physician**
- **Sleep study test options**
 - Home tests versus in-lab tests
 - Learn more at www.sleepfoundation.org/sleep-studies

Sleep hygiene



Sleep hygiene: Daily schedule

- **Set wake time**
- **Prioritize sleep**
- **Adjust gradually**
- **Short naps**



Sleep hygiene: Bedtime schedule

- **Be consistent**
- **Wind down**
- **Dim the lights**
- **Unplug from electronics**
- **Relaxation methods**



Relaxing your nervous system

- **Breathing techniques – Cycling sighing, box breathing**
- **Yoga**
- **Mindfulness meditation**
- **Tapping meditations – Emotional Freedom technique (EFT)**



1-minute guided tapping meditation for sleep (EFT)

- **Tapping point:** middle of the eyebrows
Statement: “It's time to prepare for sleep”
- **Tapping point:** side of the eye
Statement: “So I choose to release my day”
- **Tapping point:** under the eye
Statement: “I can solve all the problems tomorrow”
- **Tapping point:** under the nose
Statement: “So I choose to release them for right now”
- **Tapping point:** chin point
Statement: “I choose to stop and breathe in my body”
- **Tapping point:** collar bone point
Statement: “And prepare myself for sleep”
- **Tapping point:** under the arm
Statement: “It's time to relax and prepare for sleep”
- **Tapping point:** top of the head
Statement: “It's time to release and get ready for sleep”

Sources: [Cleveland Clinic](#) and [BiologyInsights](#)

Sleep hygiene: Bedroom environment

- **Mattress and pillow**
- **Quality bedding**
- **Block light**
- **Eliminate noise**
- **Essential oils**



Sleep hygiene: Daily habits

- **Daylight**
- **Physical activity**
- **Tobacco use**
- **Alcohol use**
- **Caffeine**
- **Eating routine**



Sleep hygiene: Nutrition

- **Balance is key**
 - Mediterranean diet
 - DASH diet
- **Limit caffeine**
- **Alcohol in moderation**
- **Timing your meals**
- **Choose snacks wisely**



Sleep hygiene: Supportive nutrients/supplements

- **Melatonin**
- **Magnesium**
- **L-Theanine**
- **Glycine**
- **Valerian**

Look for supplements that carry a seal of approval



Source: [Sleep Foundation](#)

Sleep hygiene: Set your goal

- Take one sleep hygiene-step
- Set aside a few minutes each day to pause
- Set an alarm to remind you to take breaks
- See how exercise and activity affect your energy





Have you tried an app on your phone to help your sleep quality?

- A. Yes
- B. No

Sleep apps



Headspace



Calm



Sleep Cycle



Sleep Reset



Stellar Sleep

Sleep-tracking devices



Oura Ring 4



Bia smart sleep mask



Sleepon Go2Sleep 3



Whoop 4.0



Muse S headband

Wrap-up

- Mechanics of sleep
- Importance of sleep
- Sleep habits
- Consequences of sleep deprivation
- Sleep hygiene recommendations

Questions?



G.E.H.A member resources



Elevate and Elevate Plus plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/WellnessPays



High, Standard and HDHP plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/HealthRewards



All G.E.H.A plans

- Healthy recipes and health and wellness articles
- Learn more at geha.com/Blog



G.E.H.A website for benefit information geha.com



More questions?



Schedule a one-on-one
with a G.E.H.A FedViser
benefits expert at
geha.com/TalkWithUs



Thank you



- For more information
- geha.com | geha.com/Blog
- Q&A chat will go on through
1 p.m. Eastern time

This is a brief description of the features of Government Employees Health Association, Inc.'s health plans. Before making a final decision, please read the G.E.H.A Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen, or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.

Scan the QR code to
register for future events

