

# Special Topics

## Sleep

### Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Pass Out Sleep Handout.
3. Play DVD.
4. Close by asking participants to fill out questionnaire in the Sleep Handout. Discuss.

### Opening Discussion Questions: (Options)

- How many hours of sleep do you need to function at your best?
- How do you feel when you do not get enough sleep?
- Do you think there is a connection between sleep deprivation and weight loss/gain?
- Do you think sleep deprivation is linked to some chronic illnesses?

### Activities:

**Materials needed:** Sleep Handout. Make copies of the handout for each participant.

**Coach:** At the end of the DVD, let the participants fill out the questionnaire. Encourage discussion about how they can improve their sleep habits based on the survey.



### Closing Discussion Questions: (options)

- Before watching this DVD, did you know that sleep deprivation impacts our hormones? Did you know that lack of sleep could interfere with your weight loss efforts?
- What are some changes that you can make to get more sleep?
- After watching this DVD, do you feel that sleep is important for maintaining your health and energy level?

*Curves*

# Sleep Deprivation

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## How much sleep do you get each night? Do you know your magic number?

Most experts agree that adults need 7 to 9 hours of sleep each night to function at their best. Do you know how much sleep you need? One of the best ways to determine how much sleep you need is to go to sleep... and sleep until you wake up on your own. If you feel rested when you wake up—then that is the amount of sleep that you should be getting each night. That is your magic number.

While most adults should be getting 7 to 9 hours of sleep a night, a 2008 Sleep in America Poll by the National Sleep Foundation found that the average adult only gets 6 hours and 40 minutes of sleep each night during the workweek. Not getting enough sleep, or sleep deprivation, affects our mood, ability to learn, our memory, focus, relationships, and even our metabolism and appetite. You should think of sleep as a restorative process for your body—a renewing process—a refreshing process.

During sleep many of our hormones that influence our metabolism and appetite are regulated. And when we do not get enough sleep, our body's ability to stabilize our hormones and metabolism is hindered. Simply put, when we are sleep deprived, our body produces less Leptin (the I'm full hormone) and more of Ghrelin (the I'm hungry hormone). The good news is that if you have not been getting enough sleep, the National Sleep Foundation has a few helpful tips for you to improve your sleep pattern. Take a look at these tips and evaluate your own sleep habits.

1 = most like me; 2 = somewhat like me; 3 = neutral; 4 = somewhat not like me; 5 = not like me

### ✓ **Stick to a Schedule**

1 2 3 4 5

I go to bed about the same time each night.

### ✓ **Establish a Bedtime Routine**

1 2 3 4 5

I have a bedtime routine that is relaxing.

### ✓ **Create a Relaxing Environment**

1 2 3 4 5

My bedroom is dark, quiet, and comfortable.

### ✓ **Sleep on a Comfortable Mattress and Pillow**

1 2 3 4 5

I feel that I am well rested after sleeping on my mattress and pillow.

### ✓ **Avoid Excess Alcohol, Caffeine, and Nicotine before Bed**

1 2 3 4 5

I avoid caffeine and excess alcohol in the evening.

### ✓ **Don't Exercise Right Before Bed**

1 2 3 4 5

I do not exercise right before bed time.

### ✓ **Make Time for Sleep**

1 2 3 4 5

My commitments do not interfere with getting enough sleep.

Obviously getting a good nights sleep is an important part your overall health. So, know your magic number and look through the 7 sleep tips to see if there are areas you can improve. If you marked a 4 or 5 for one of the statements, list some changes that would help you get more sleep at night. **Good night, sleep tight, and don't let the bed bugs bite.**

*Curves*