Counting Z’s: The Importance of Sleep

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Sleep Cycles

Stages of Healthy Sleep

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HOURS OF SLEEP: 0, 1, 2, 3, 4, 5, 6, 7, 8
Sleep Disorders

- Sleep Apnea
- Insomnia
- Sleep Phase Shifting
- Narcolepsy
Symptoms

- Snoring
- Large Neck Circumference
- Increased Sleepiness
- High Blood Pressure
- Congestive Heart Failure
- Heart Attack
- Stroke
- Diabetes
- Decreased Quality of Life
- Automobile Accidents
- Increased Napping
- Trouble Falling/Staying Asleep
- Depression
- Anxiety
- Obesity
Diagnosis and Treatment

- Light Therapy
- Prescription Medications
- Sleep Hygiene
- CPAP
- BiPAP
- Surgery
Sleep Hygiene

- Routine
- Environment
  - Cues
  - Color
  - Ambiance
  - Temperature
  - Light
  - Sound
- Electronics
- Medications
  - Rx
  - OTC
  - Supplements
- Food
- Exercise