

SLEEP HYGIENE

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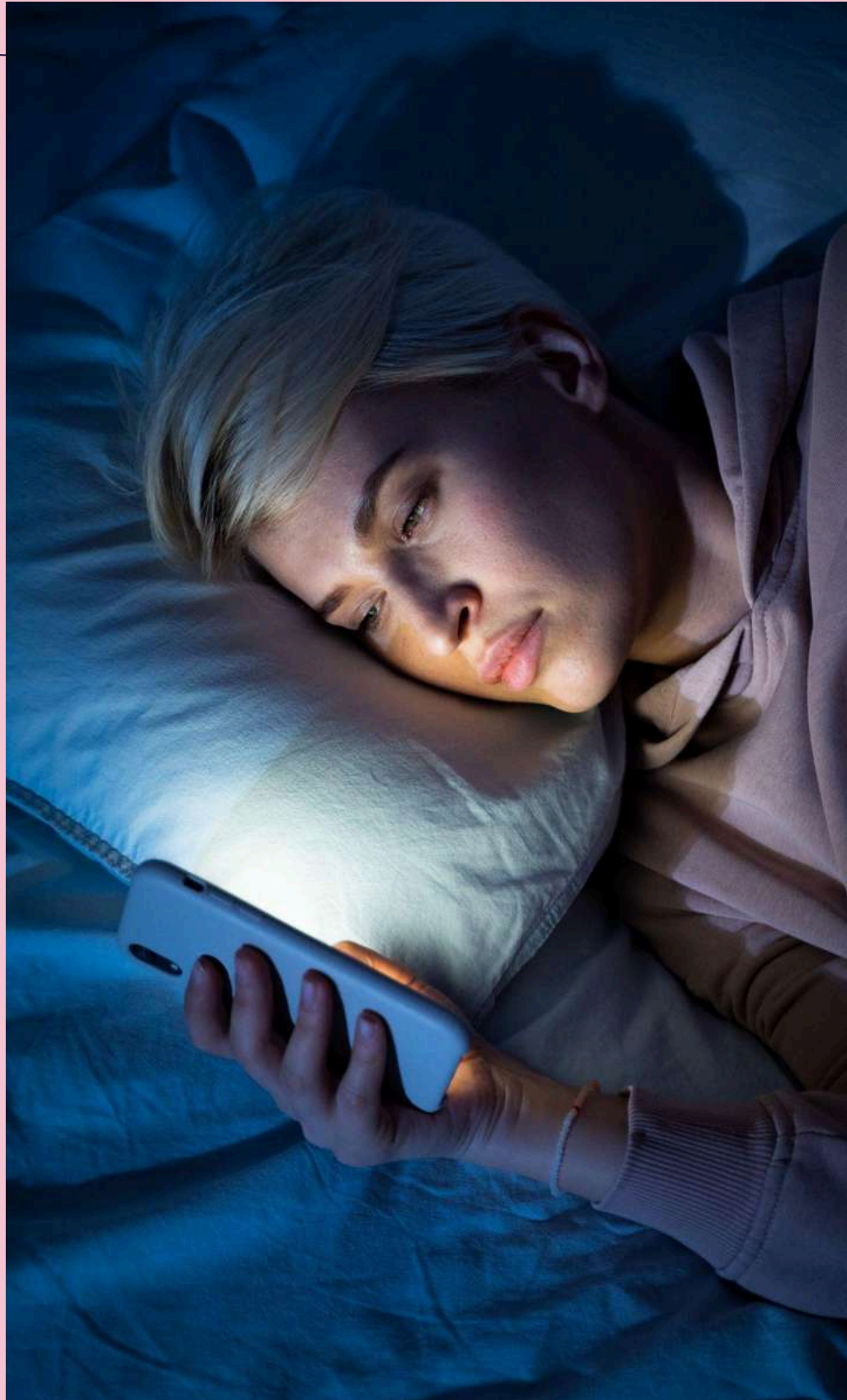
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01

Introduction



INTRODUCTION

02

Sleep fondation



SLEEP FONDATION

The 4 Stages of Sleep



NREM Stage 1

- transition period between wakefulness and sleep
- lasts around 5 to 10 minutes



NREM Stage 3

- muscles relax
- blood pressure and breathing rate drop
- deepest sleep occurs



NREM Stage 2

- body temperature drops and heart rate begins to slow
- brain begins to produce sleep spindles
- lasts approximately 20 minutes



REM Sleep

- brain becomes more active
- body becomes relaxed and immobilized
- dreams occur
- eyes move rapidly

03

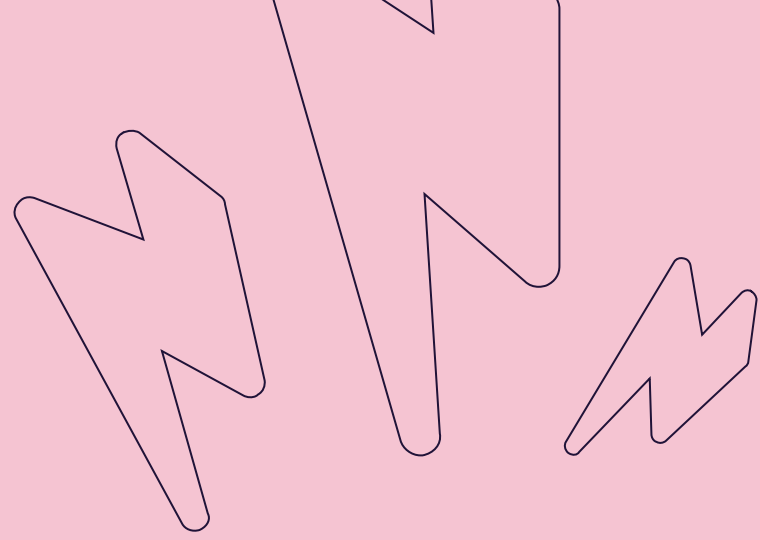
Factors affecting sleep



FACTORS AFFECTING SLEEP

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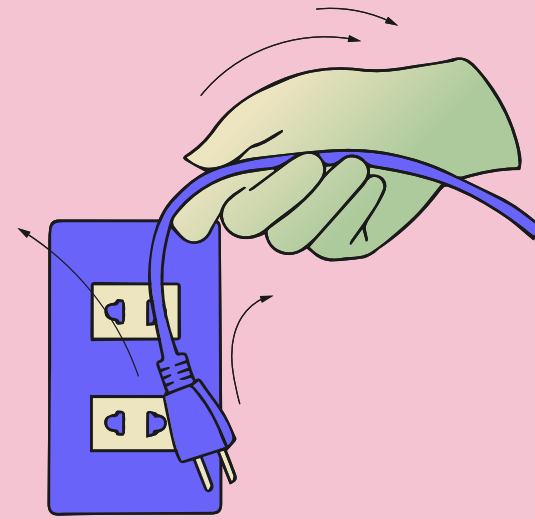
Negative habits to avoid



NEGATIV HABITS TO AVOID



Don't overdo it with naps



Unplug from electronics



Don't toss and turn



Don't smoke



Reduce alcohol consumption

NEGATIVE HABITS TO AVOID



Cut down caffeine in the afternoon



Don't dine late



Restrict in-bed activity



Block out light



Drown out noise

05

Consequences of poor sleep hygiene



CONSEQUENCES OF BAD SLEEP HYGIENE

Short-Term Effects

1. **fatigue and Daytime sleepiness**



2. **Irritability and Mood Swings**



3. **Reduce Concentration and Cognitive Function**

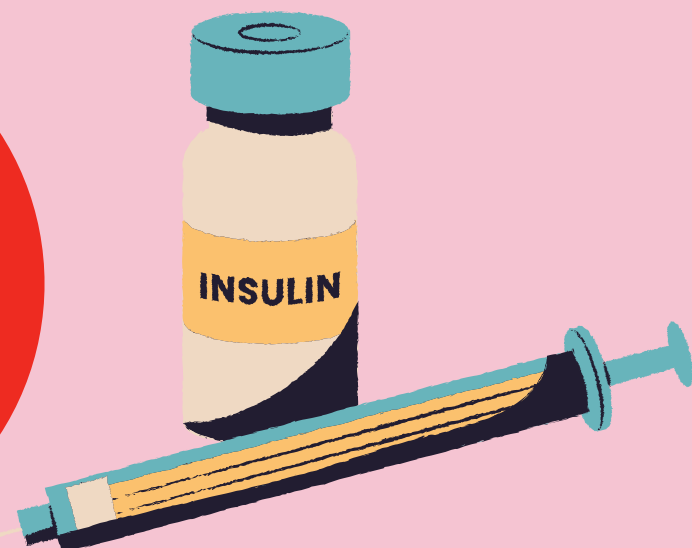


CONSEQUENCES OF BAD SLEEP HYGIENE

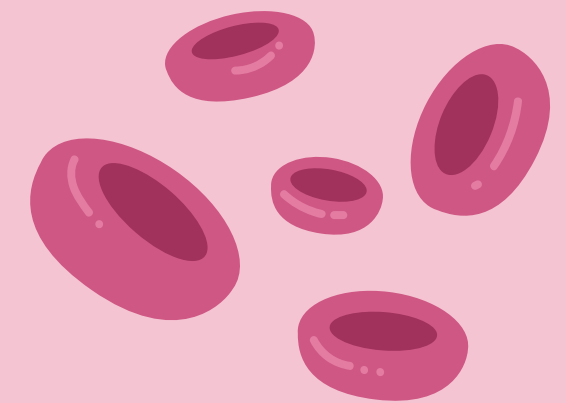
Long-Term Effects

1. Increased Risk of Chronic Health conditions

- Cardiovascular Disease
- Obesity and Diabetes



2. Weakened Immune System

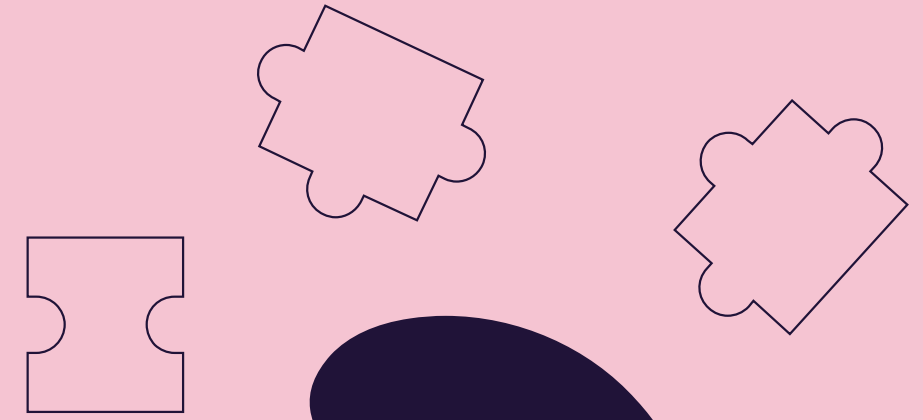


3. Reduced Life Expectancy



06

Best practices to improve sleep



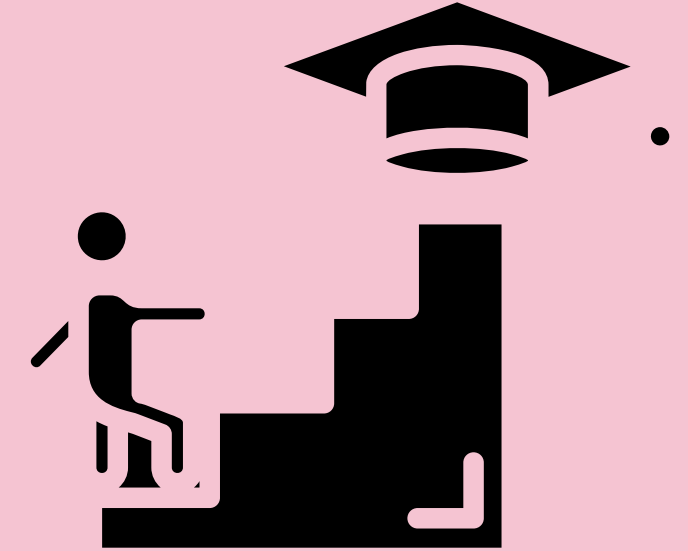
BEST PRACTICES TO IMPROVE SLEEP



Have a fixed wake-up time



Priorityze sleep



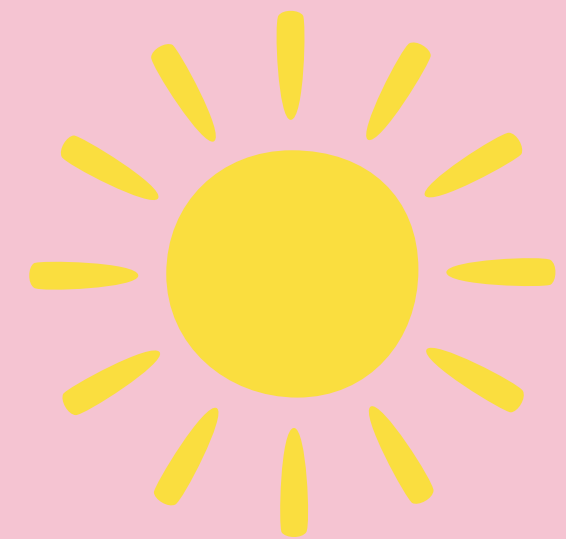
Make gradual adjustments



Keep your routine consistent



Relaxation

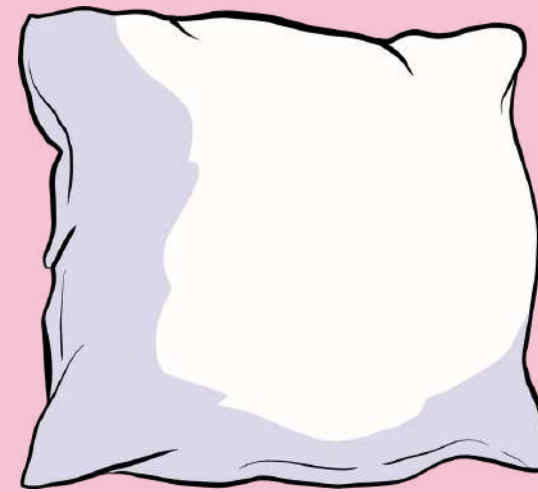


Get daylight exposure

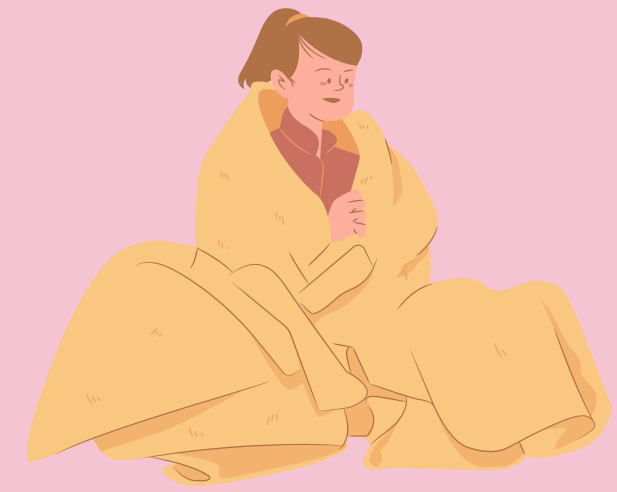
BEST PRACTICES TO IMPROVE SLEEP



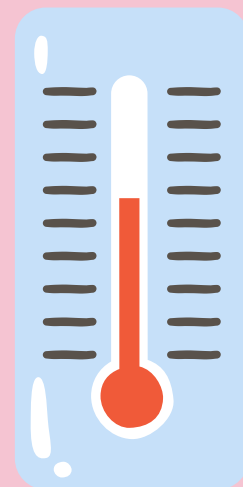
Be physically active



Have a comfortable mattress
and pillow



Use excellent bedding



Set a cool yet comfortable
temperature



Try calming scents

ANALYZING A PUBLIC HEALTH CAMPAIGN



CONCLUSION