

Getting Healthy Sleep





KAISER PERMANENTE®

**GROUP CLASS
CONFIDENTIALITY AGREEMENT**

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

Important disclaimer

The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.

About your instructor

- Cheryl Mirabella
- Health Educator

Today we'll talk about...

What is healthy sleep?

Ways to get your best sleep

Your next step

Resources

Benefits of Healthy Sleep



Consider your own sleep



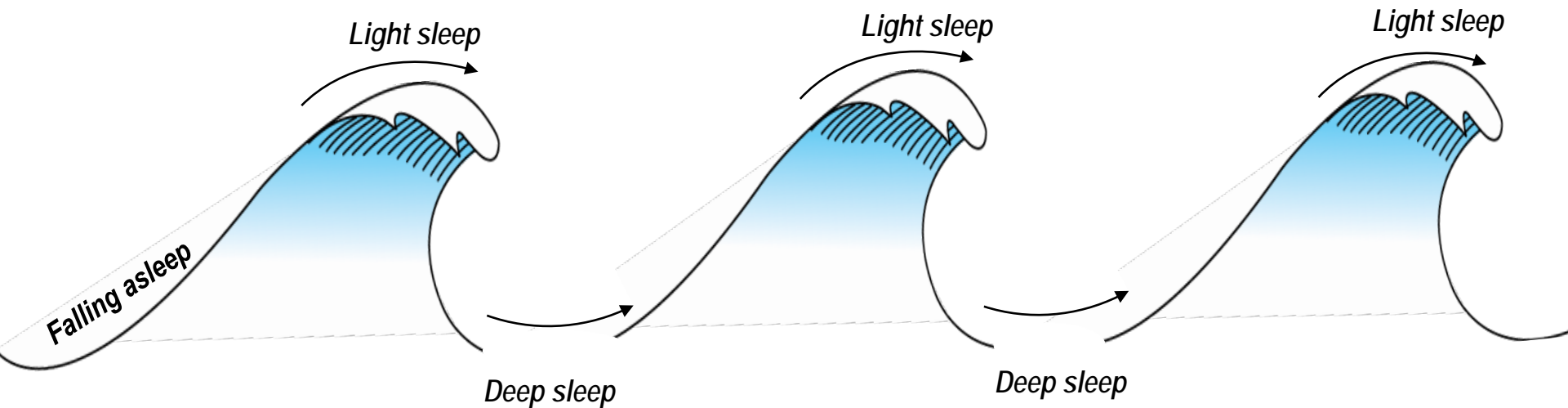
When you don't sleep well...



- Concentration & memory
- Mood
- Accidents
- More likely to get sick
- Risk for health conditions
- Weight gain



Sleep wave



Light sleep:

- Heart rate slows
- Brain relaxes

Deep sleep:

- Body repairs
- Dreams
- Lower temp & blood pressure



Infants

18 hours +



Preschoolers and School Age

10 - 13 hours



Teens

8 - 9 hours



Adults

7 - 9 hours



Sleeping well starts during your day



- Avoid afternoon caffeine
- Avoid nicotine
- Limit alcohol
- Be physically active
- Keep late meals light

Routines



Tip # 1

Establish regular sleep
& wake times



Tip # 2

Avoid long daytime
naps



Tip # 3

Awake at night?
Get up & do a relaxing
activity

Create a Sleep Friendly Environment



Sharing your bed with technology?



- TV
- Video games
- Computers
- Phones



What's your next step?

- ✓ Check caffeine, alcohol, nicotine
- ✓ Be physically active
- ✓ Create a sleep friendly environment
- ✓ Avoid technology in bedroom
- ✓ Regular sleep/wake up times
- ✓ Practice relaxation



When to talk with your doctor?



- You've practiced these tips & your symptoms continue
- Snoring, restless legs, difficulty breathing

Wellness coaching by phone



Telephone appointments

1-866-862-4295

Monday through Friday, 7 a.m. to 8 p.m.

Topics

- Managing stress
- Healthy weight
- Physical activity
- Eating healthy
- Quitting tobacco

Available to Kaiser Permanente
adult members

Kaiser Permanente Resources

kp.org/doctor

Search: Sleep well

Resources

Healthful Sleep podcast

HealthMedia® Relax™*

Overcoming Insomnia™*

Overcoming Depression™*



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As a State of Maryland employee,[†] you'll enjoy \$0 primary care visit copays in 2017 when you complete an online health assessment. Copays can add up, especially if you see your physician a few times a year.

Save on each visit when you complete the following three steps:

- 1. Sign a wellness agreement.**
- 2. Choose a primary care physician at enrollment.**
- 3. Complete an online health risk assessment.**

Visit my.kp.org/Maryland to learn more about the wellness program.

[†] Active employee subscribers (and their enrolled spouses) and early retiree subscribers (and their enrolled spouses) are eligible.



Thank You!

