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Today's Topics: Sleep

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Fast Facts About Sleep Deprivation

- 40% Americans do not get recommended amount of sleep.
- Cognitive impairment equivalent to BAC 0.05-0.1%.
- Responsible for 100,000 car crashes each year in the US.
- Increases risk of obesity, type 2 diabetes, heart disease, high blood pressure, mental health conditions.
- Increases risk of breast, ovarian, prostate, and colorectal cancer.



Importance of Sleep

- **Physical recovery**
- **Hormones and metabolism**
- **Brain health**
- **Emotional regulation**
- **Memory**
- **Immune function**



What is Good Sleep for Adults?



- Duration of sleep 7-9 hours
- Time it takes to fall asleep \leq 30 minutes
- Number of wake ups: 1 or less
- Time awake during night \leq 20 minutes
- Sleep efficiency (% of time asleep of total time in bed) \geq 85%
- Feeling rested upon waking up



Factors That Impact Sleep

- **Personal circadian rhythm**
- **Mental health / Stress**
- **Physical discomfort**
- **Sleep environment**
- **Nutrition**
- **Exercise**
- **Substances (caffeine, alcohol, medications, etc.)**
- **Screen time**
- **Health conditions**
- **Sleep disorders**



Tips for Better Sleep

- **Consistent sleep schedule is key**
- **Invest in your bedtime routine**
- **Avoid late night eating and alcohol**
- **Lower bedroom temperature**
- **Hot shower/bath before bed**
- **Set cut off time for screens**
- **Strategic napping**



UnitedAg Resources

- Health & Wellness Clinics: visit ua.clinic or call 877.877.7981.
- Health and Wellness Clinics: Lifestyle Management Program
 - unitedag.org/wellness
 - No additional cost
- Spring Health Therapy and Resources
- Teladoc Counseling and Resources



Q&A

