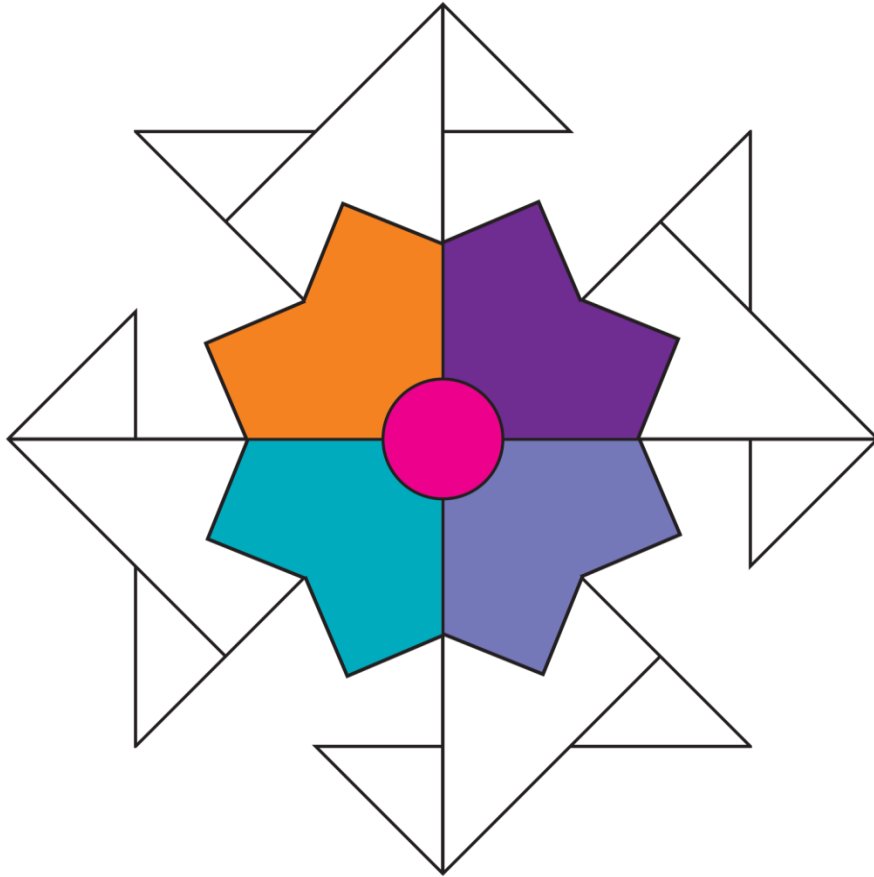


# Healthful@Home: Sleep, Exercise and Constructive Rest

Dr. Diana Brecher, C. Psych.  
Dr. Deena Kara Shaffer

**“What’s going well, *despite*?”**



# Five Factor Model of Resilience

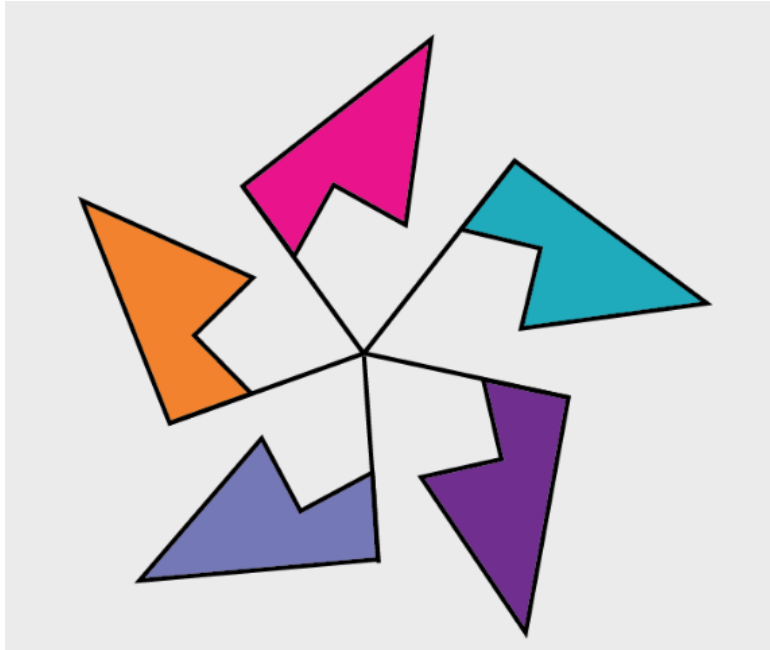
Mindfulness

Gratitude

Optimism

Self-Compassion

Grit



## Five Features of Wide Awake Learning

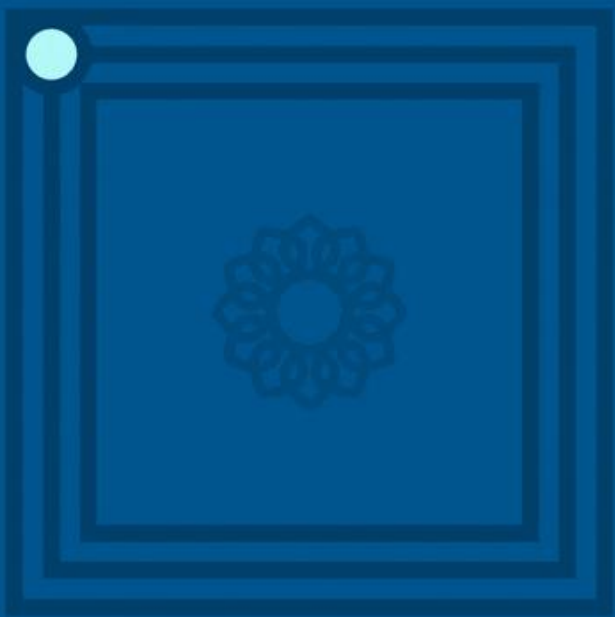
Practiseability

Attention Restoration

Well-being/Being Well

Connectedness

Agency



INHALE

**DE STRESS**  
**MONDAY** *Happy New Week!*

#DESTRESSMONDAY

**Sleep**

# Sleep Quiz

- How many hours of sleep do you typically get on the weekdays? Weekends?
- How many mornings a week do you typically wake up refreshed? Most mornings? Occasionally? Never?
- Do you wind down before bed?
- Do you do any of these activities in bed: Eat or drink? Text? Talk on the phone? Watch Netflix? Work on to-do lists? Worry?
- How often do you nap, or doze off without planning?
- How often do you use the snooze button?
- In what ways does your sleep pattern shift when you aren't working, like on weekends, or holidays?
- How long does it take you to fall asleep and typically how many hours *do* you sleep?

# The 24 hour Challenge

## TIME MANAGEMENT

Find time in your schedule  
your work family time,  
food shopping, social  
time,...

## SLEEP MANAGEMENT

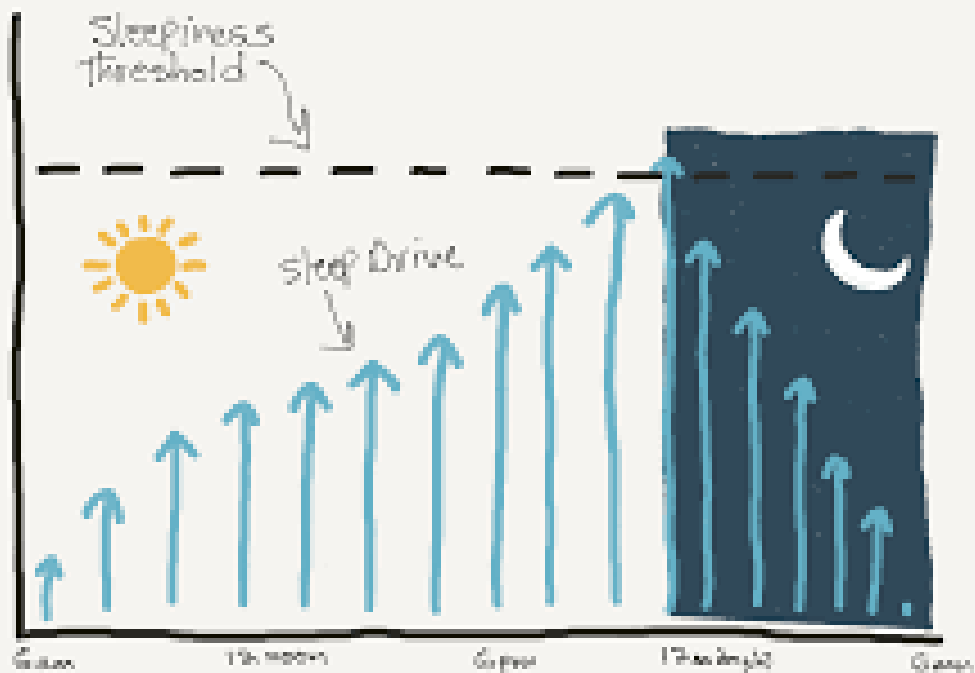
Make a plan for a good  
night's sleep, every night,  
and making it a priority



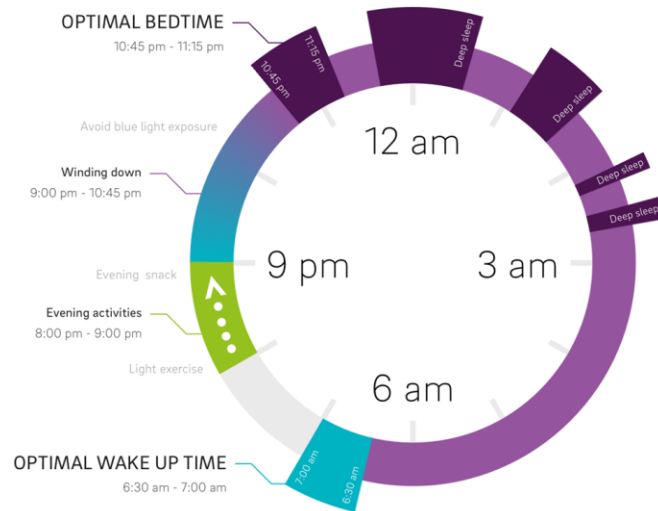
# What is Normal Sleep?

The average person takes about 30 minutes to fall asleep and sleeps for 7-9 hours

**What Produces Sleep?**



# What is Your Body Clock?



# How Does a Good Night's Sleep Impact Us?

## INCREASES

- Concentration
- Decision-making
- Creativity
- Social skills
- Physical markers of health

## DECREASES

- Moodiness
- Stress
- Anger
- Impulsivity

# Which of These Interfere With Sleep?

## WIDE AWAKE IN BED

Reading

Computer/Phone

To-Do Lists

Thinking About Sleep

## PETS

## ROOM TEMPERATURE

## SUBSTANCES

Alcohol

Marijuana

Cigarettes

Cold Medications

## EMOTIONAL STATES

Stress & Anxiety

## EXERCISE JUST BEFORE BED

# Sleep as a Learning Strategy

## **Light Sleep:**

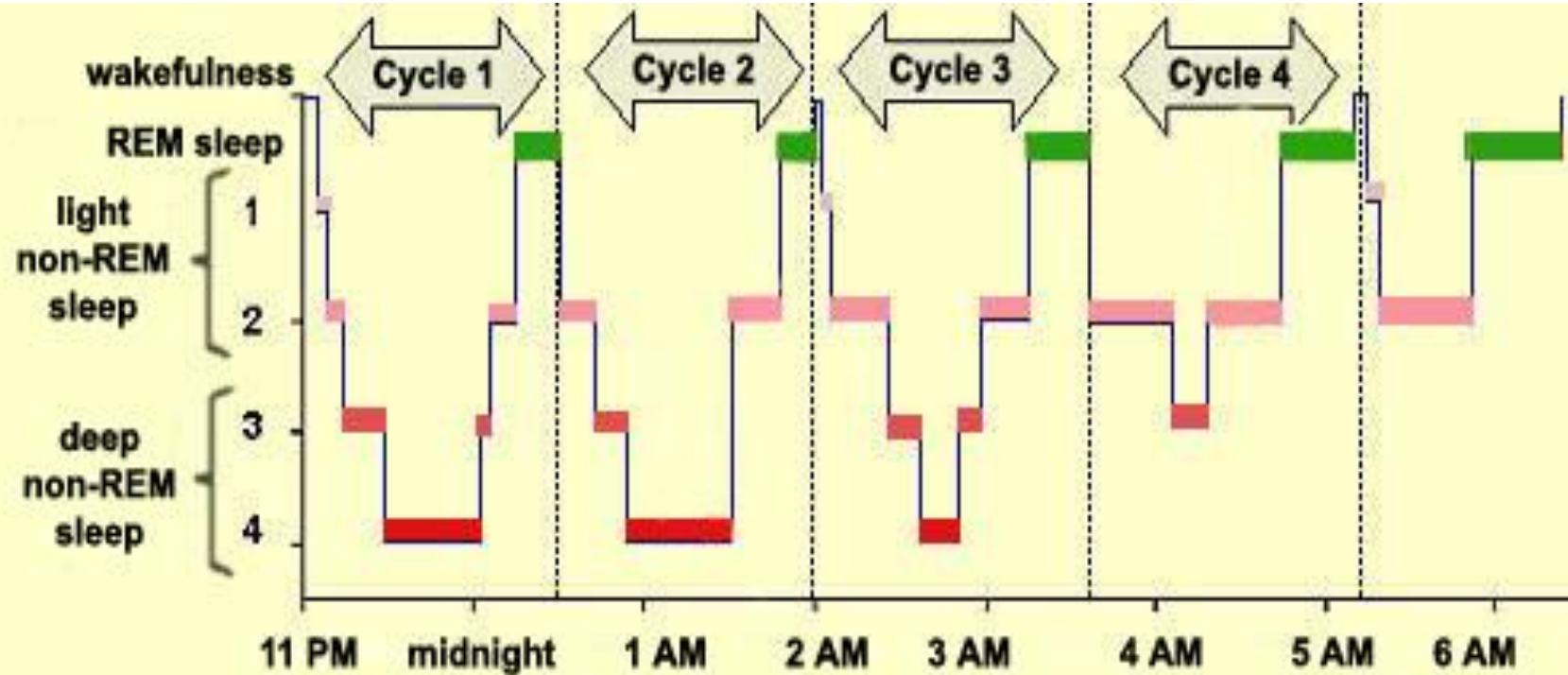
Clears away unnecessary information

## **Deep Sleep:**

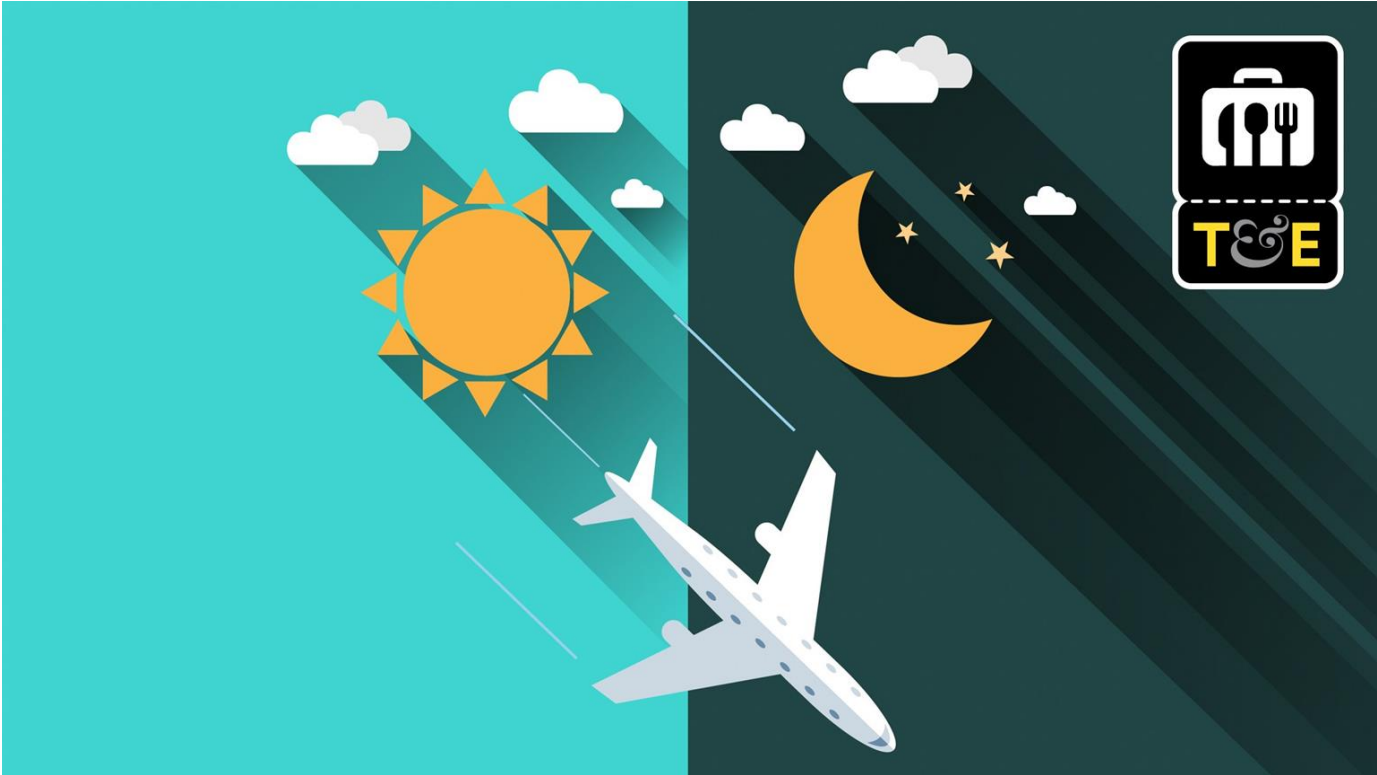
Helps us store new information in long term memory

## **REM:**

Provides insights and creative, innovative solutions to problems







# How to Avoid Social Jet Lag?

# What Happens When You Are Sleep Deprived?

- Are you able to focus?
- Are you more irritable or distressed?
- Low energy?

# After You Are Sleep Deprived

The body makes up for losing sleep one night by creating a deeper sleep the next night (*not a longer sleep*).

***What about falling asleep?***

# Why Create a Buffer Zone?

If you have trouble falling asleep - feeling tense and worried, make to-do lists, try to problem solve, check email and texts, ruminate over what went wrong that day...

# When should you start your Buffer Zone?

Morning larks - 30 min before bed

Night Owls - 60 min before bed

# How to Create a Buffer Zone

- Do something pleasant, enjoyable, and/or relaxing
- Disconnect from your phone, computer etc. and leave these in another room



# Buffer Zone Activities

Reading a book

Listening to music or  
podcast

Taking bath/shower

Doing Yoga or Tai Chi

Playing musical  
instrument

Going for a walk

Doing crafts

Playing games

Knitting

Stargazing

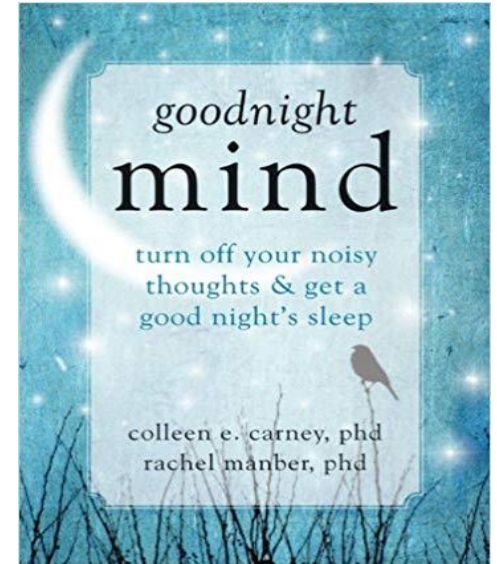
Meditating

Drawing or painting

# Goodnight Mind

By Colleen Carney

<http://drcolleencarney.com/books-page/>



# TED talk - deep sleep



[https://www.ted.com/talks/matt\\_walker\\_sleep\\_is\\_your\\_superpower?language=en](https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en)

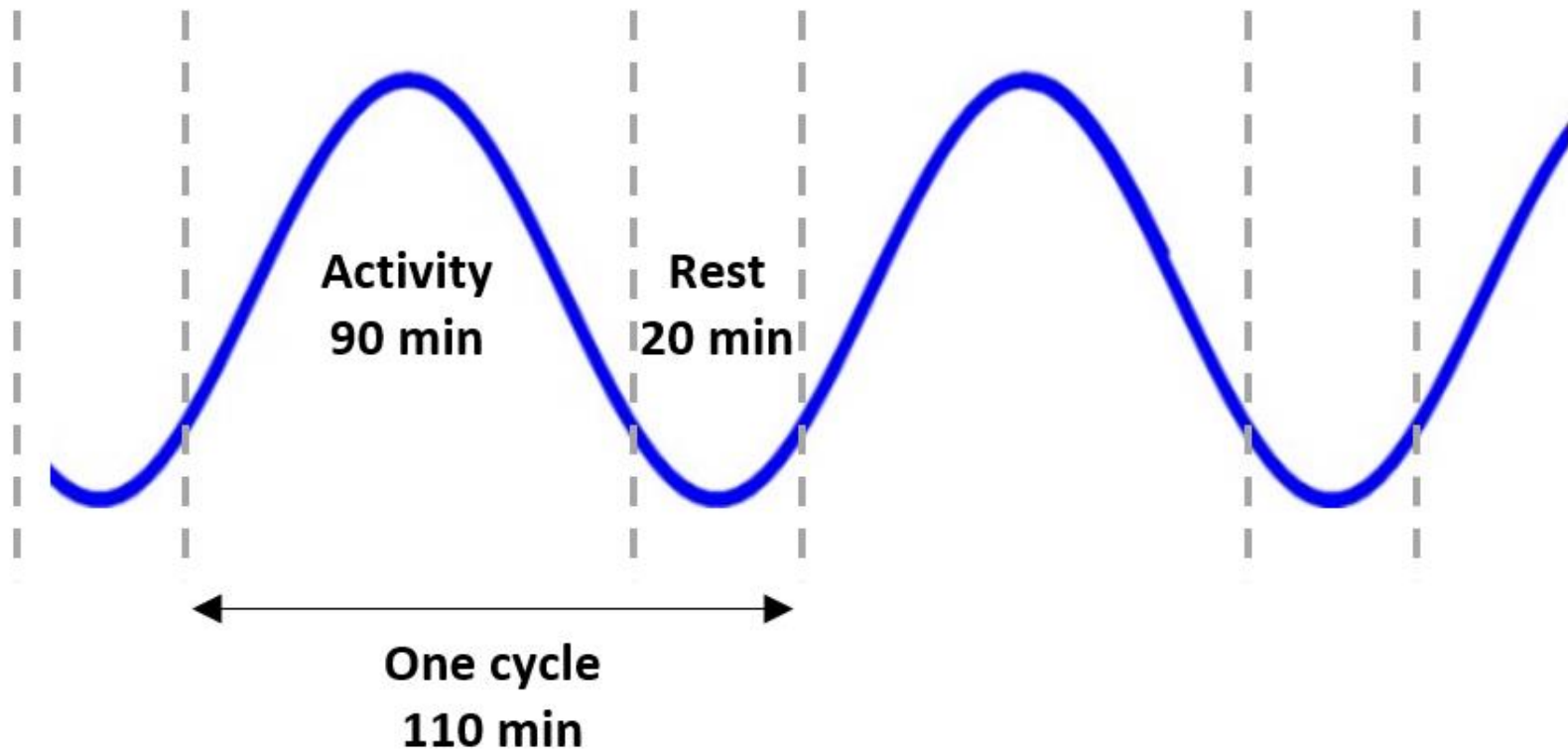
# Why do we sleep?



[https://www.ted.com/talks/russell\\_foster\\_why\\_do\\_we\\_sleep?](https://www.ted.com/talks/russell_foster_why_do_we_sleep?)

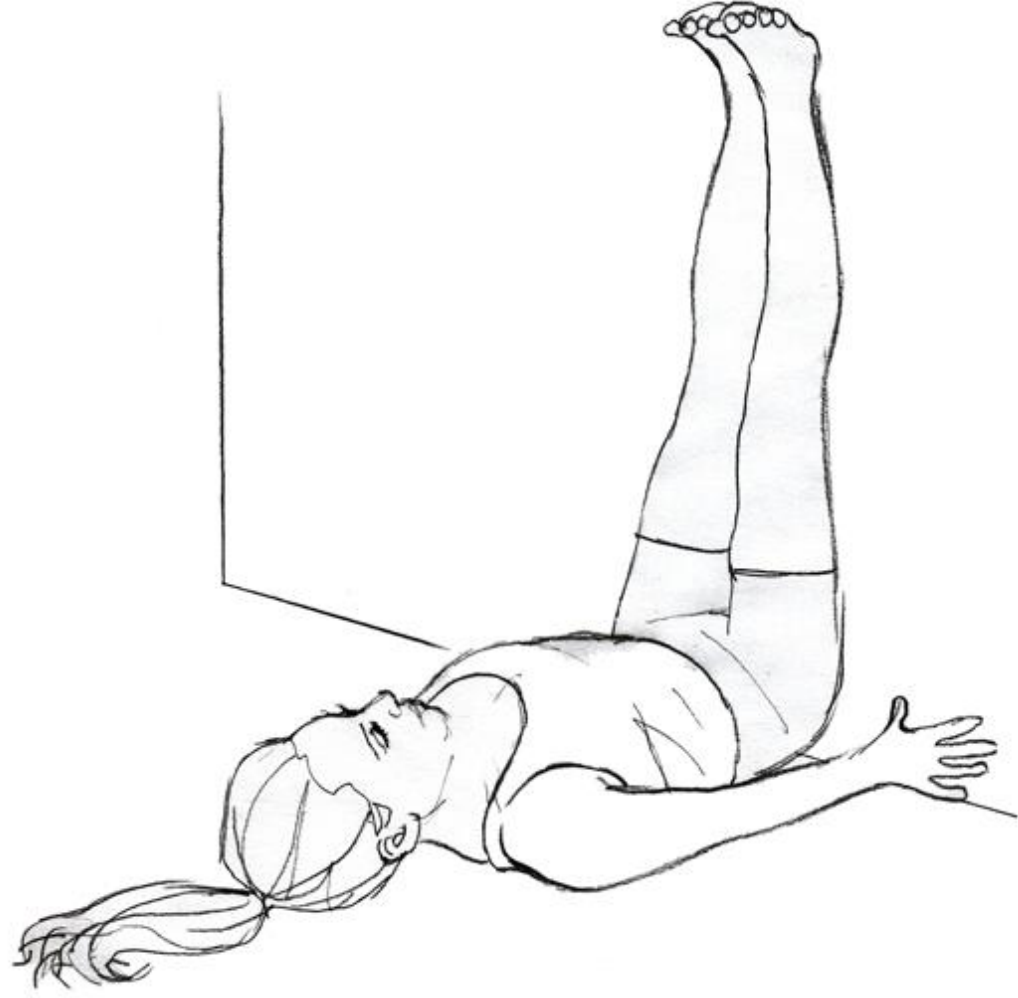
**Moving**

## The Waking Rest-Activity Cycle

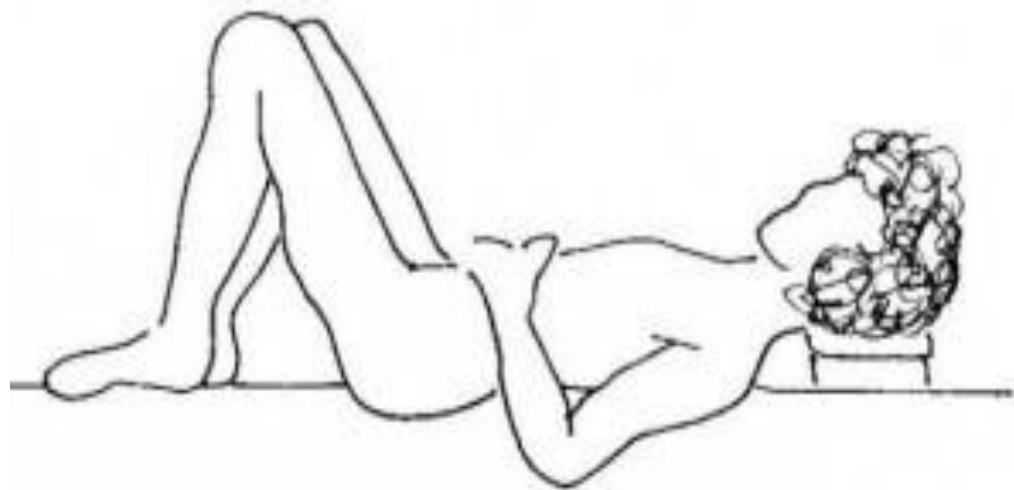


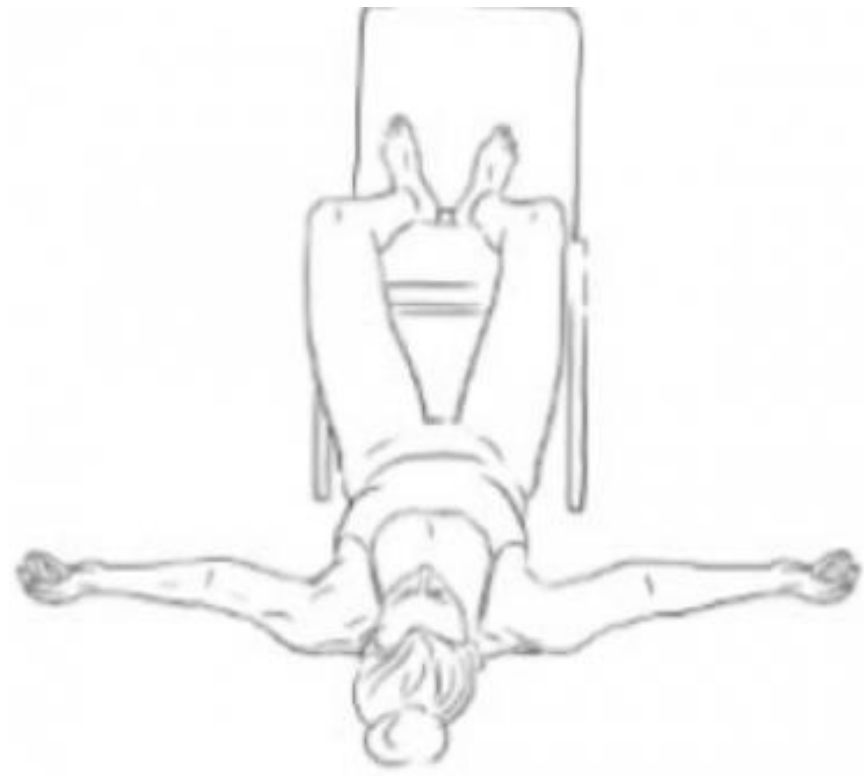


1. Body scans to feel feedback
2. Active Well-Being
3. Move, not too little, but also not too much









# Progressive Muscle Relaxation



# 3 Simple *Screen-Free* Practices

## 5 Finger Breathing:

- Spread your LH wide
- Using the index finger of your RH, start at the base of your LH thumb, and trace up and down each LH finger
- Switch hands

## Feel Your Feet:

- If focusing on your breath feels too challenging, unhelpful, or anxiety-invoking, try instead to feel your feet
- Stand or sit, and without moving them, feel the weight, sensation, pressure, or groundedness of your feet on the floor

## 5-4-3-2-1:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

**What Went Well *Today*?**

# **Thriving in Action**

## ***Healthfulness***

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**Username: TiAO.Free.Guest**  
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**Thank you!**