

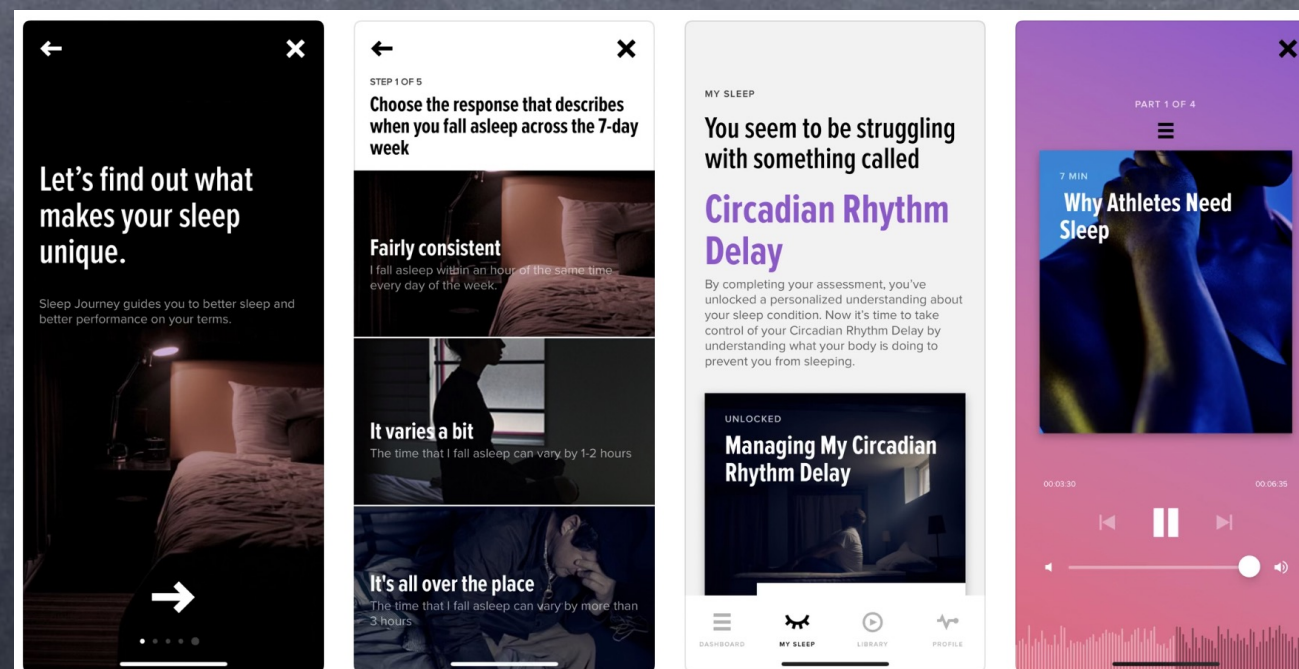
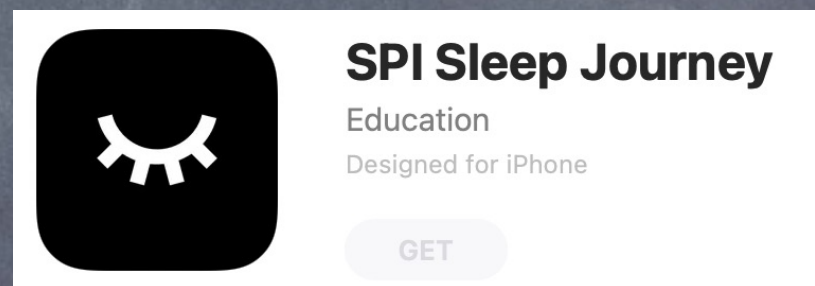
Natural Sleep: A New Approach to Promote Wellbeing

Center for Practice Transformation
School of Social Work
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Disclosure

- Co-Creator of the SPI Sleep Journey App



Modern Sleep: We don't Sleep Well



Overview

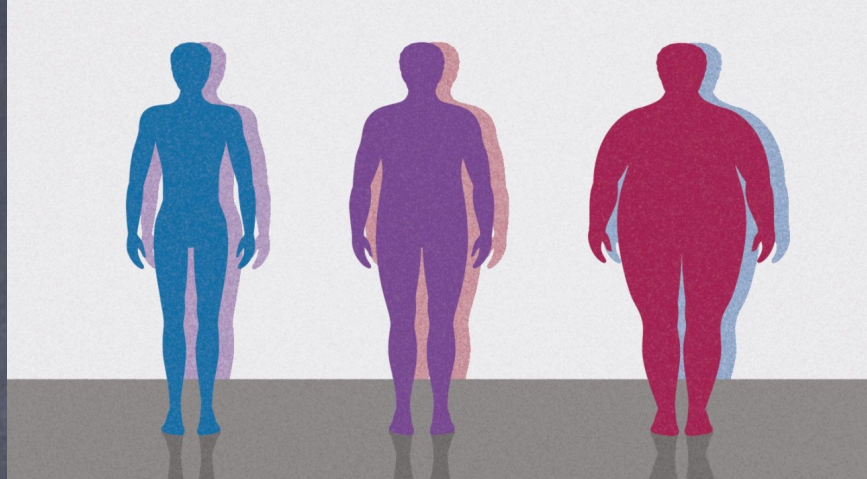
- The modern challenges and opportunities of sleep.
- Circadian Self-Discovery: An introduction to circadian coaching
- Explore strategies for those struggling to sleep

Modern Sleep: We don't Sleep Well



Snoring and Sleep apnea

The Consequences



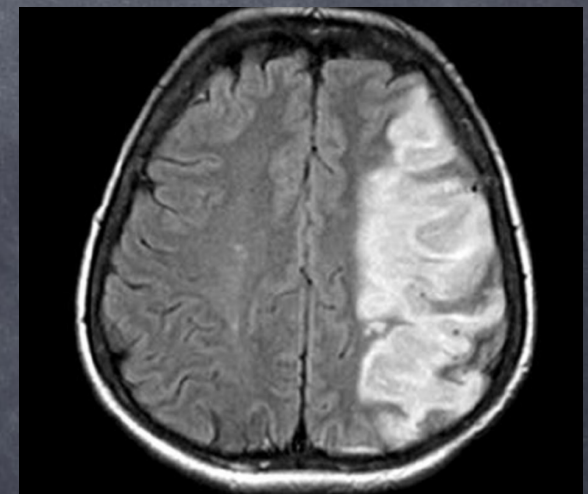
obesity



Heart attacks



High blood pressure



Strokes

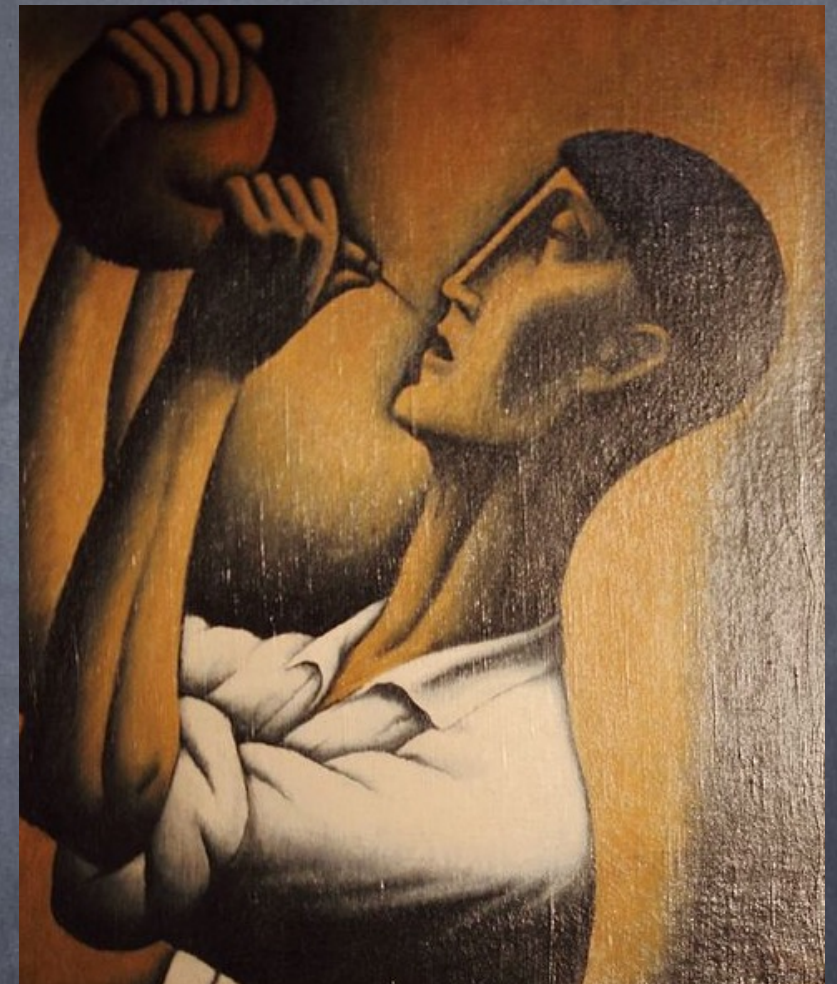
More consequences



Depression, suicide



Health care provider burnout



Substance abuse

More consequences



More consequences



Don't worry hope is on the way



The Opportunities of Sleep

Improved Immune Response



Clear Brain Toxins

- Sleep clears toxic metabolites from the brain
- Clears beta-amyloid (Alzheimers, Concussions) pathology



(Xie 2013, Lucke-Wold et al 2015)

Improved Athletic Performance



Sleep Coaching

- Unique Features
 1. Most Evidence Based Therapies are non-pharmacological.

Sleep Coaching

- Unique Features
 1. Most Evidence Based Therapies are non-pharmacological.
 2. Solutions Require Knowledge Transfer

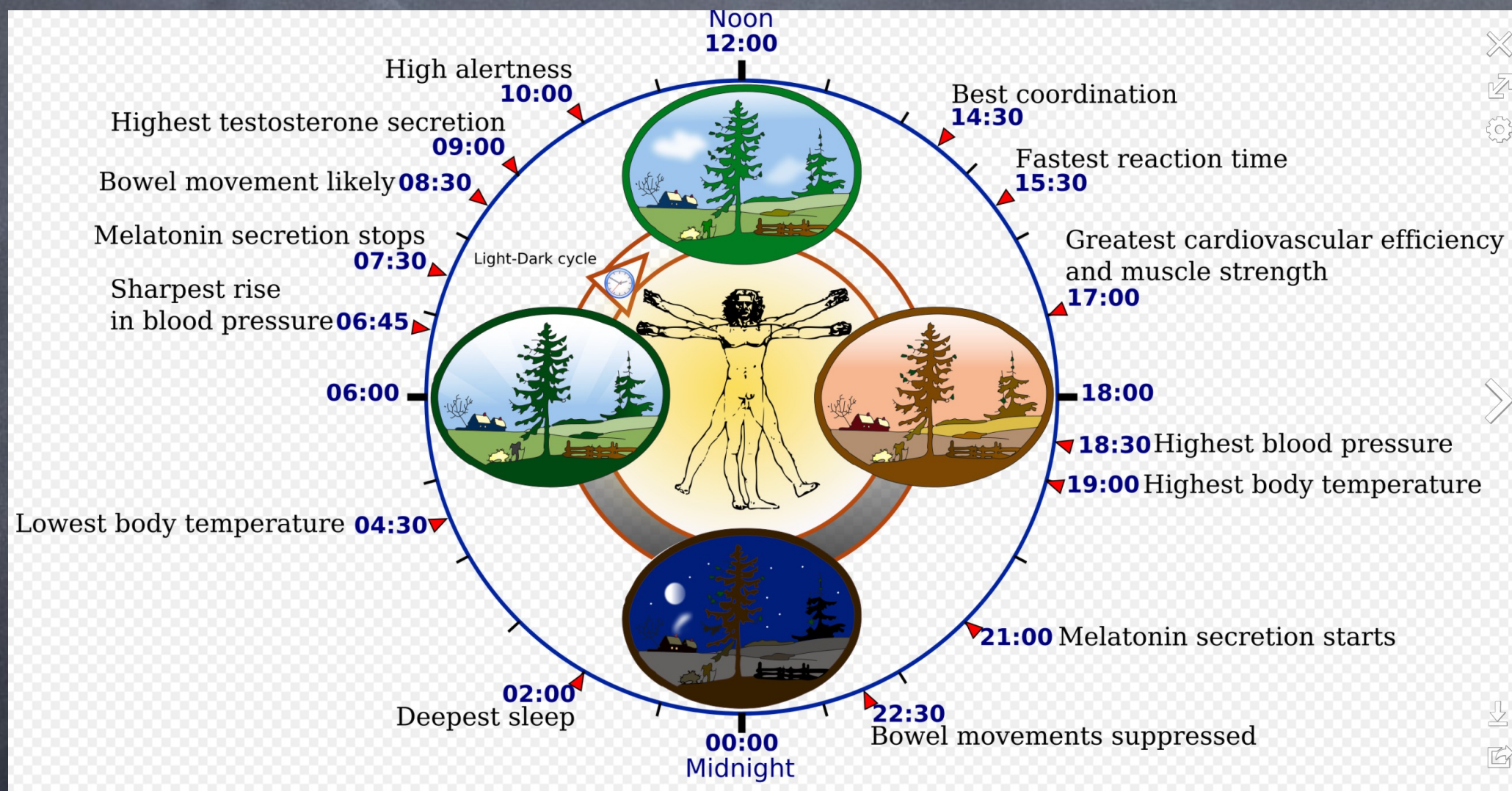
Circadian Self-Discovery Exercise

- Where Sleep Wellbeing Begins

Hawaii experiment



Circadian Rhythms

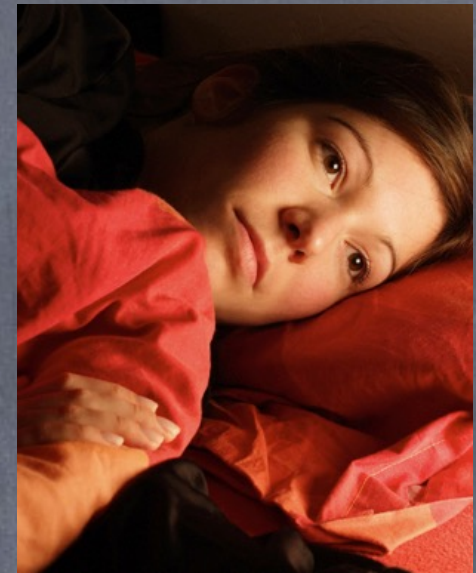


How to Sleep Better

- FIRST—Understand and address circadian rhythm and how well it aligns or misaligns with your goals.

Examples of circadian disruptions in action:

I go to bed at 10pm and my
“Mind wont shut down”



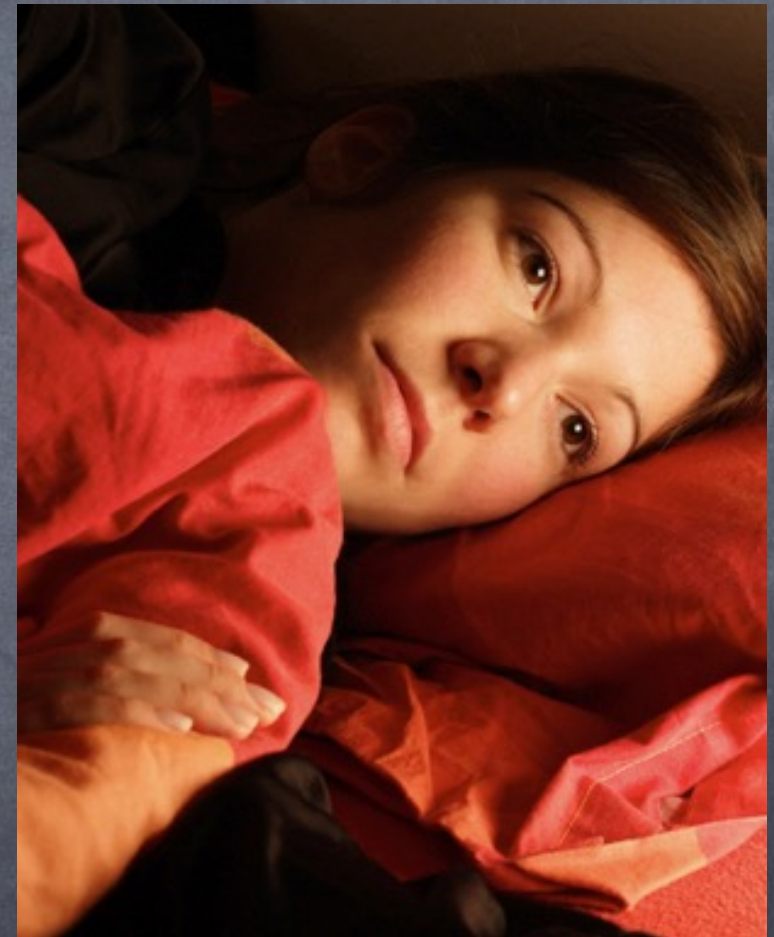
I fall asleep at 10pm but then
I wake up at 3 AM and
“cant fall back asleep”.



"Mind wont shut down"

Ask two questions

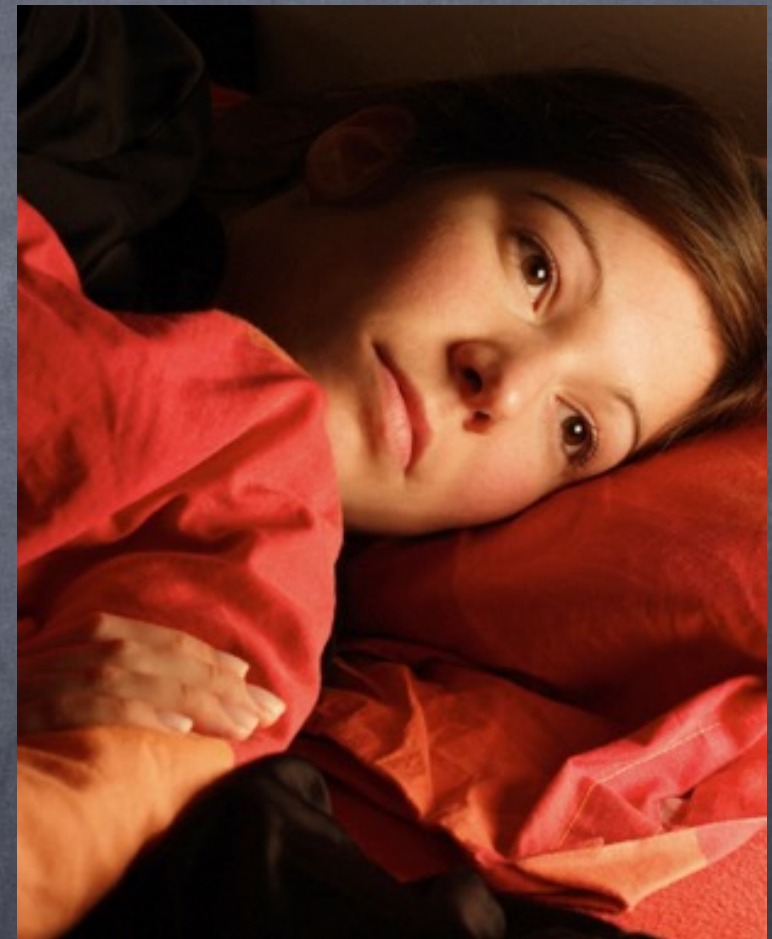
1. What happens in the evening?
2. What happens in the morning?



What Happens in the Evening?

Mind Wont Shut Down

"I am tired but I cant fall asleep, I want to fall asleep but I cant, my mind races, incredibly frustrating"



What Happens in the Morning?

“When the alarm goes off I am sleepy, I have trouble waking up, I could sleep in several hours if I did not have to get up”



What Happens in the Morning?

"When the alarm goes off I am sleepy, I have trouble waking up, I could sleep in several hours if I did not have to get up"

-Her Hawaii Scenario...



Circadian Delay

If given the opportunity this individual would fall asleep later and wake up later



Circadian Delay

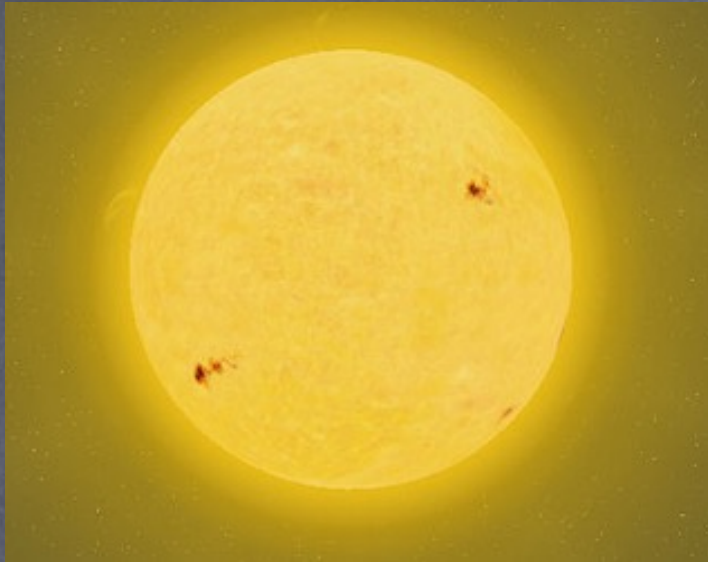
If given the opportunity this individual would fall asleep later and wake up later



She has a delay in her Circadian Rhythm



Circadian Delay Protocol



1st thing to do—sunlight or 10,000 lux light exposure 30–120 minutes in AM

2nd thing to do—low dose 0.5–1mg melatonin 2–6 hours prior to bedtime (some flexibility)

Decrease light exposure in the evening

3rd thing to do—work on meal timing

"Cant Fall Back Asleep"

Ask two questions

1. What happens in the morning?
2. What happens in the evening?



What Happens in the Morning?

Brain wont give me any more sleep

"Its only 3am but I am clearly done sleeping, I lay there for hours but nothing happens, incredibly frustrating."



What Happens in the Evening?

"I am often very tired in the evening, I sometimes have trouble staying awake before bedtime"



What Happens in the Evening?

"I am often very tired in the evening, I sometimes have trouble staying awake before bedtime"

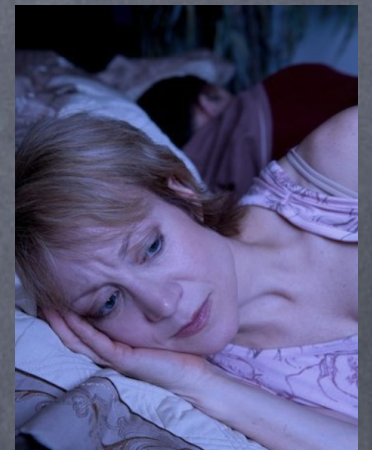


-Her Hawaii Scenario



Circadian Advance

If given the opportunity these individuals would fall asleep earlier and wake up earlier



She has an advance in her Circadian Rhythm



Circadian Advance Protocol



1st thing to do—sunlight or 10,000 lux light exposure 30–120 minutes in the evening

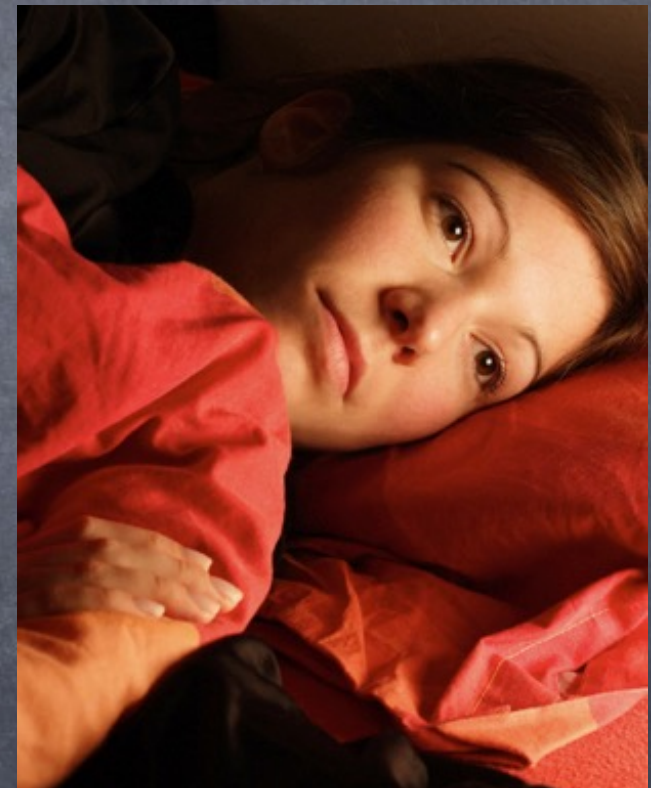
Preferably with exercise

2nd thing to do—low dose 0.5–1mg melatonin if you wake up at 2–3am (to help over long term)

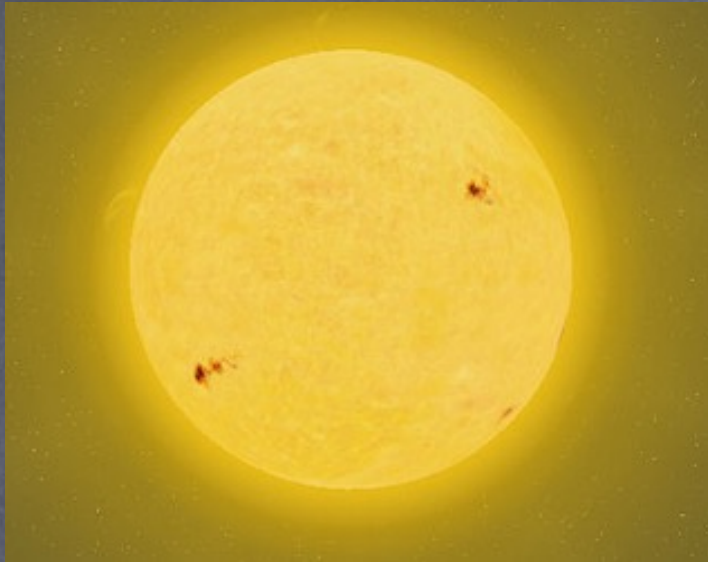
3rd thing to do—work on meal timing

Cant Fall Asleep

Non of the Above



Hypervigilance Protocol



1st thing to do-Double check you don't have a circadian delay or restlessness

2nd thing to do-Don't go to bed unless you are sleepy

3rd thing to do-Don't fall asleep outside the bedroom

Thank you