

The importance of sleep for health and longevity

Dr. Lauren Whitehurst, PhD





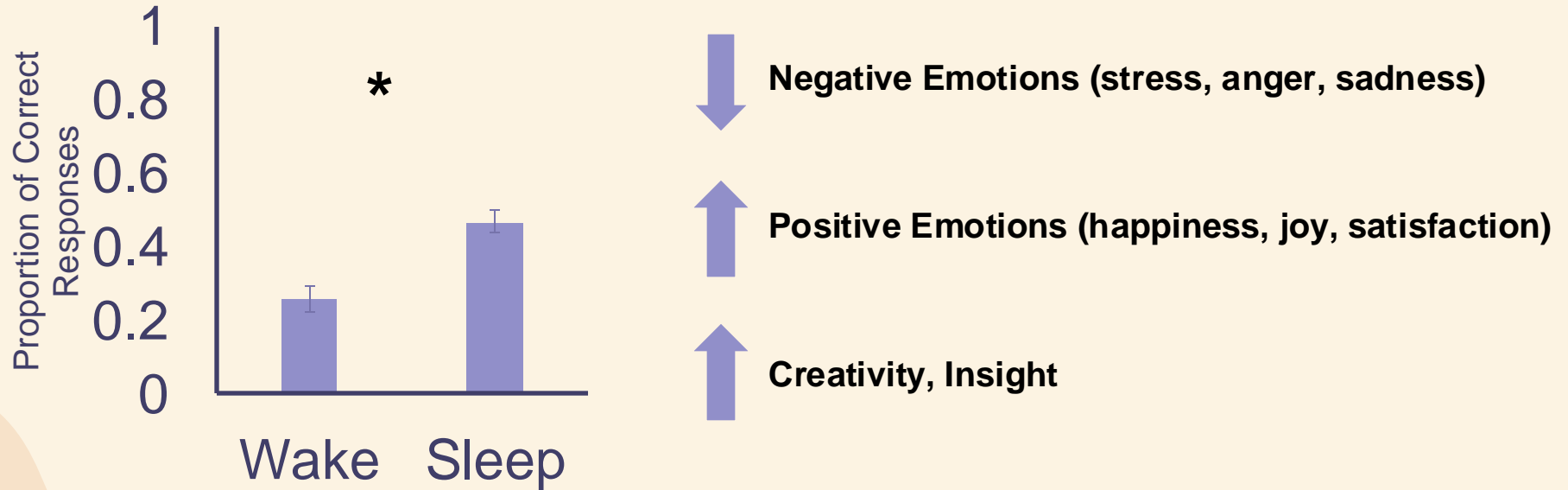
When children sleep, good things happen!



When adults sleep, good things happen, too!



Good things happen when we sleep



Sleep impacts

 Alertness

 Mood

 Learning

 Memory

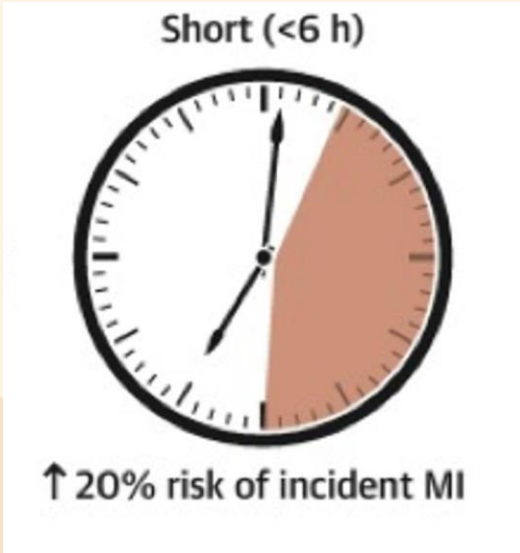


Without sleep...



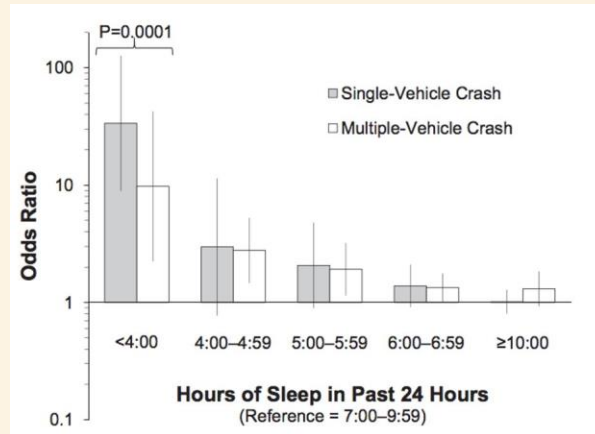
Bad things happen when we DON'T sleep

More heart attacks



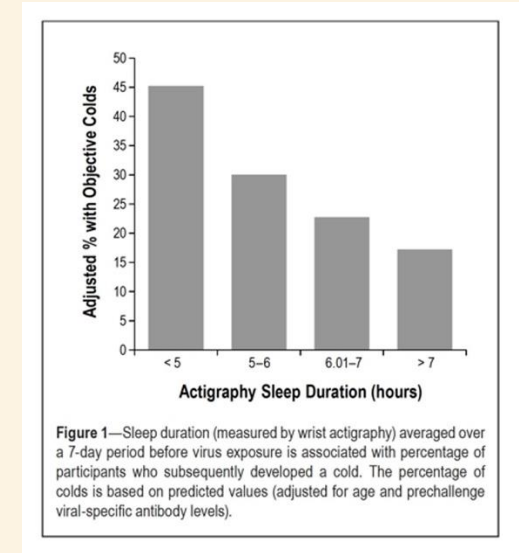
Dahglas et al., 2019

More car accidents



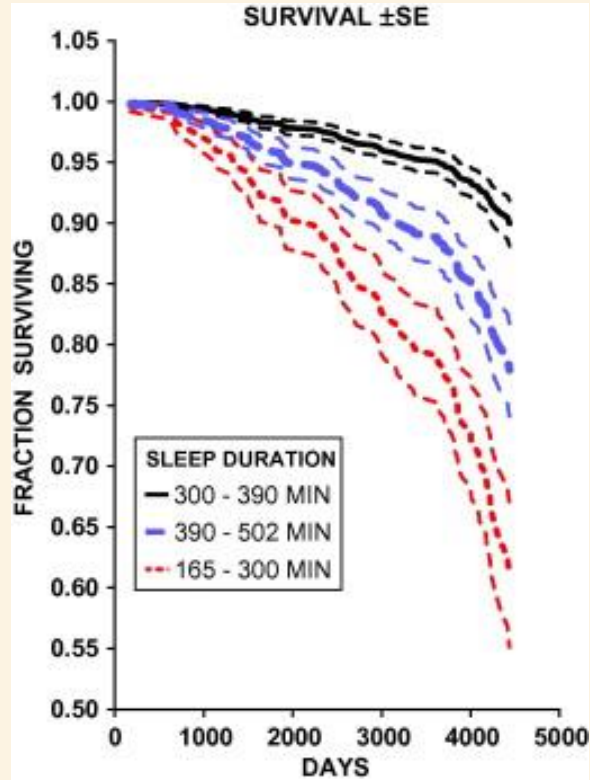
Teft, 2018

Increased virus vulnerability



Prather et al., 2015

Sleeping too little is linked to early death

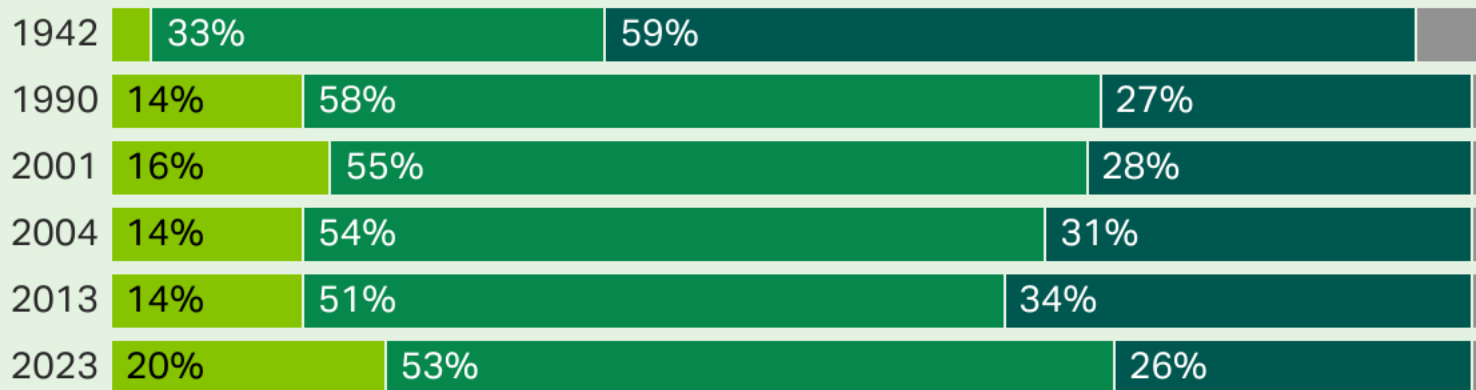


Women sleeping **5 hours** or less per night died sooner

Fewer Americans Report Getting Eight-Plus Hours of Sleep

Usually, how many hours of sleep do you get at night?

■ Five hours or less ■ Six to seven hours ■ Eight or more hours ■ No answer

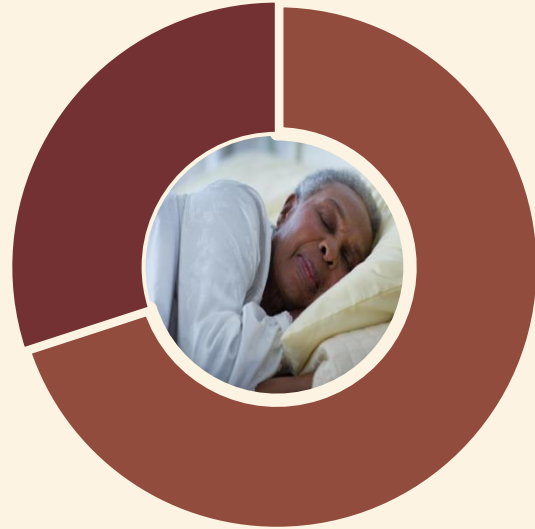


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Many of us do not get the amount of sleep we need



60-70% of children grades 6-12
don't receive enough sleep on
school nights

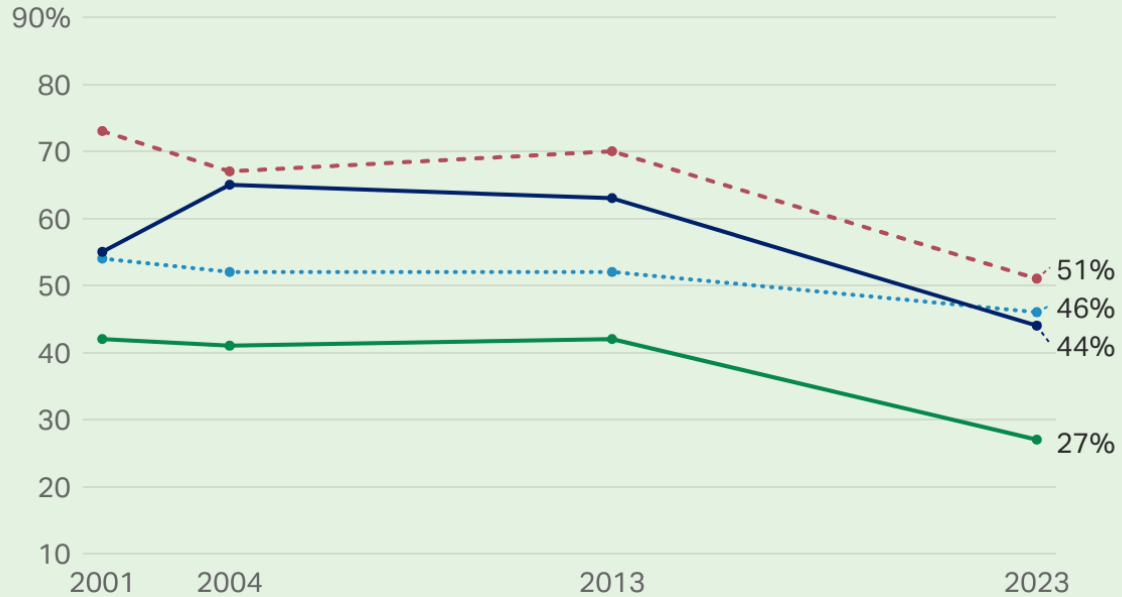


Over 30% of adults don't get
adequate sleep at night

Gap in Getting Needed Sleep Growing Between Younger Women and Men

% Who say they get as much sleep as needed

— Women 18-49 — Women 50+ ··· Men 18-49 - - - Men 50+



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Stress Rising for Americans Over Past Three Decades



1994 results collected via the Health Magazine/Gallup Poll

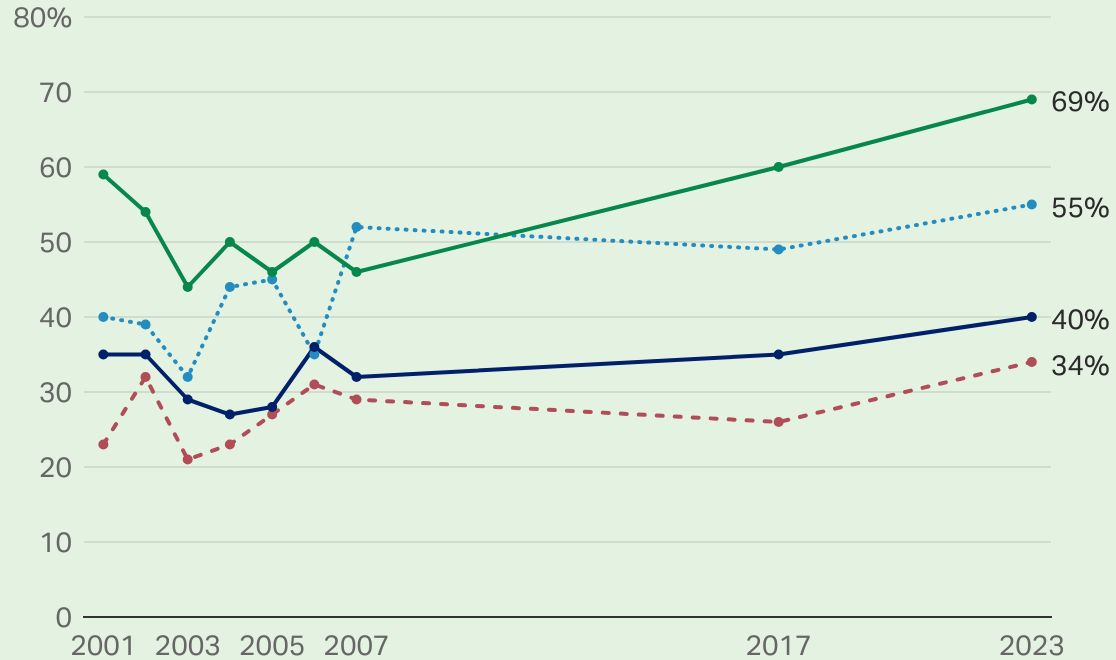
2001 results onward collected via the Gallup Poll Social Series

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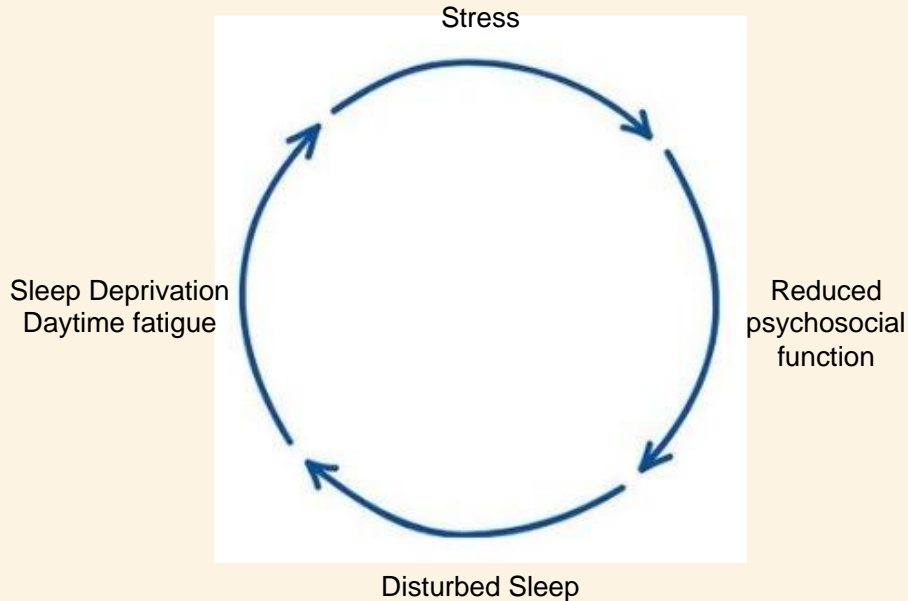
Women 18 to 49 Are the Most Stressed

% Who say they frequently experience stress in daily life

— Women 18-49 — Women 50+ ··· Men 18-49 - - - Men 50+



Vicious cycle: sleep and stress



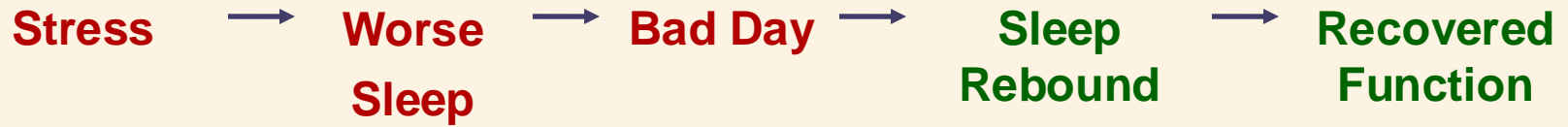
People sleep less when they experience stress.

When people sleep less, they also experience higher emotional reactivity to stressors.

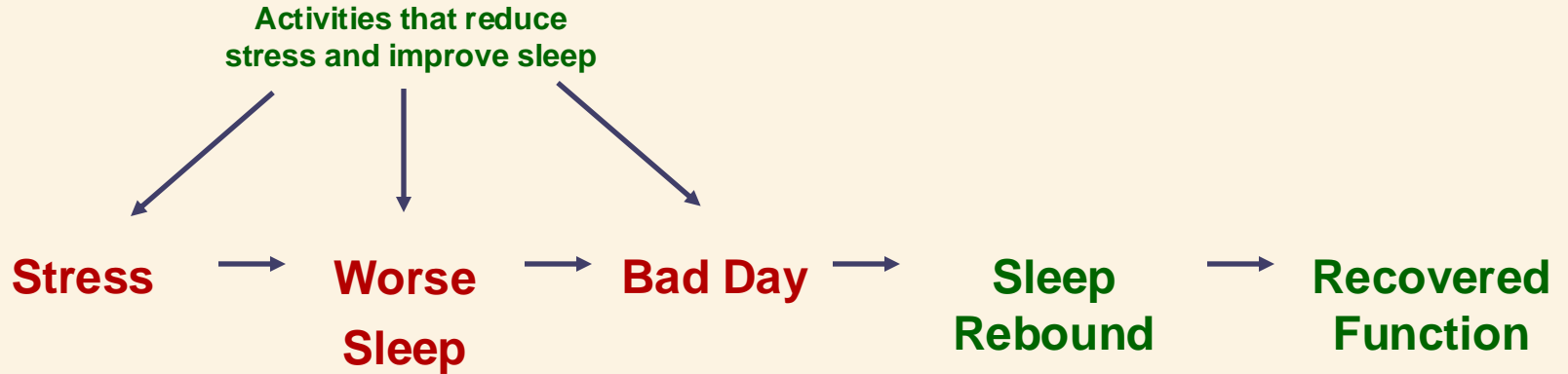


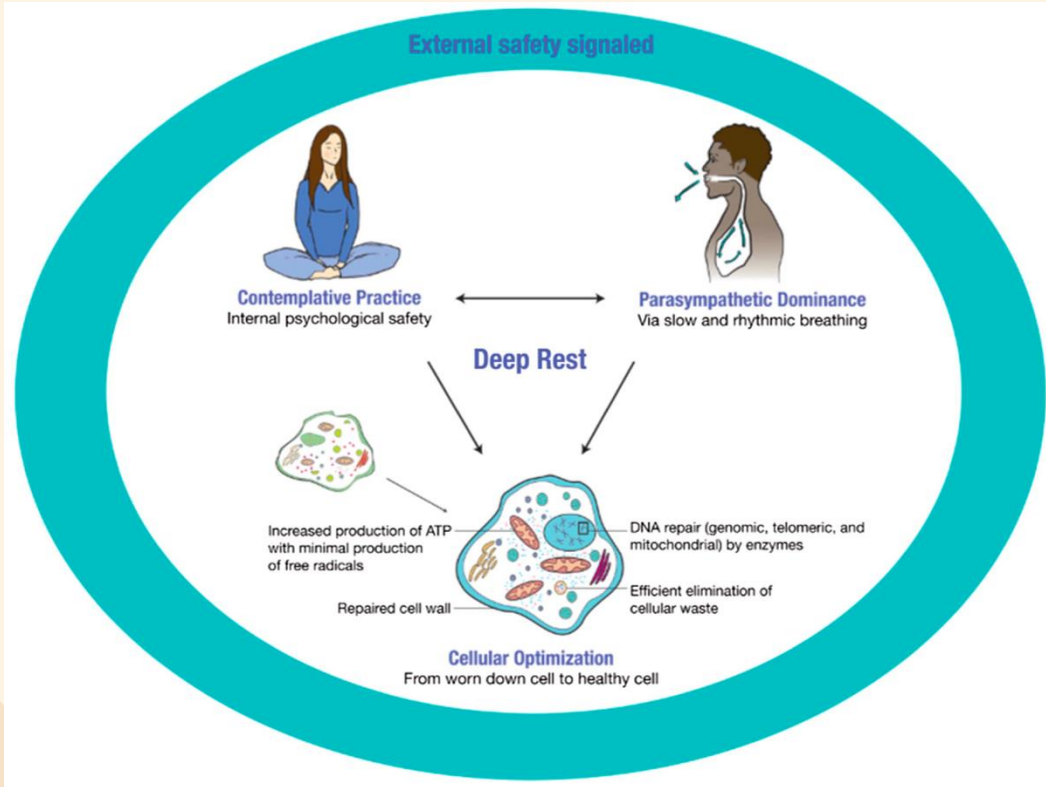
DEEP BREATH

Most of us can rebound



On bad days, we can do things that help us sleep better





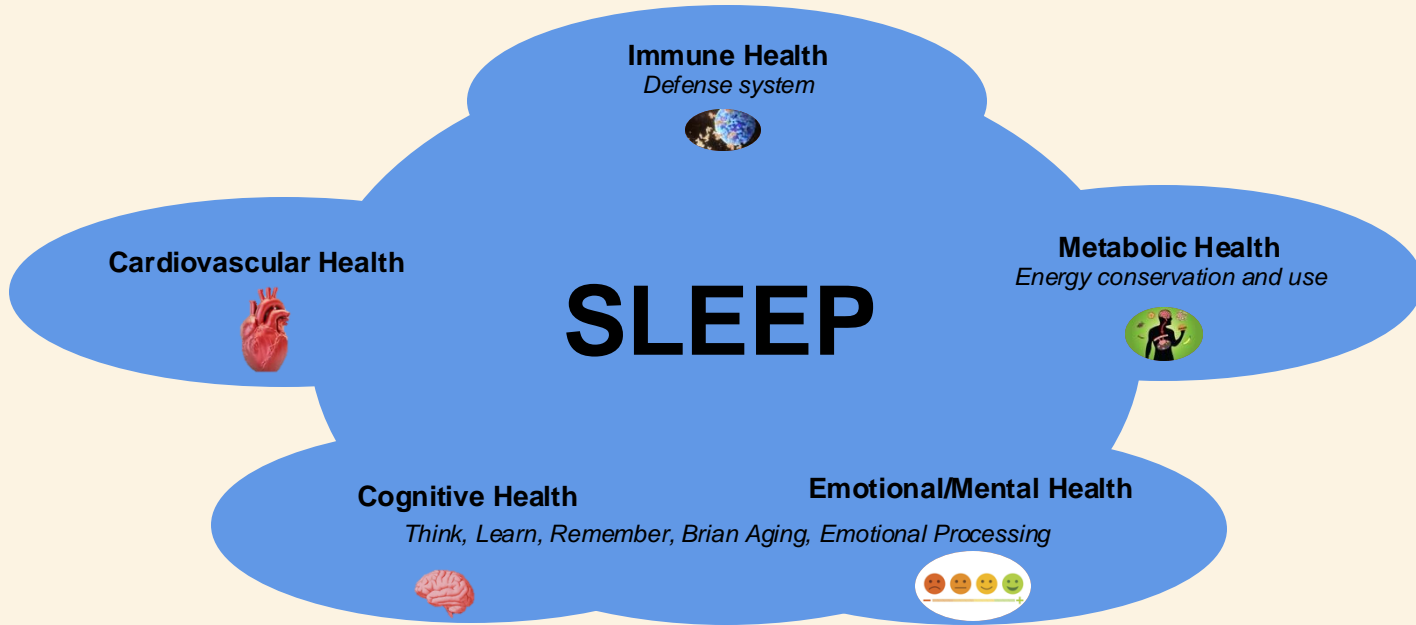
Using contemplative practices to generate rest states

- Deep Breathing
- Progressive Muscle Relaxation
- Meditation

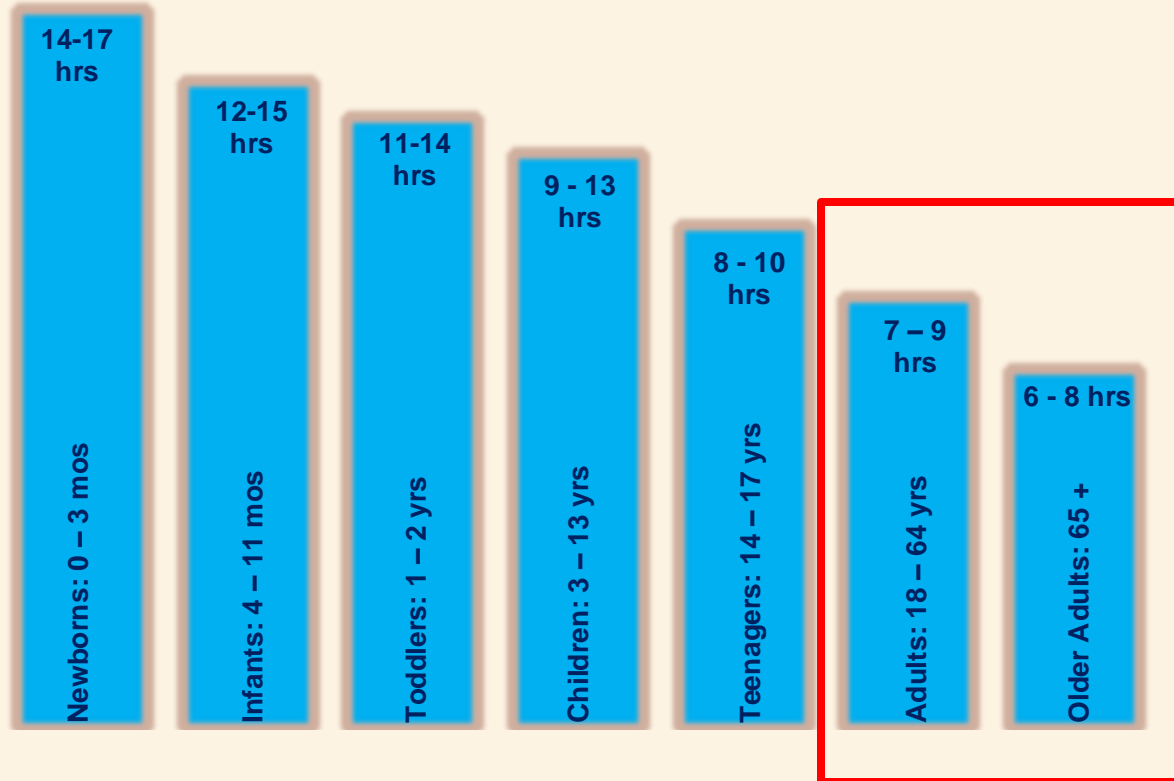
How do we get better sleep?



1. Get Rid Of The Guilt



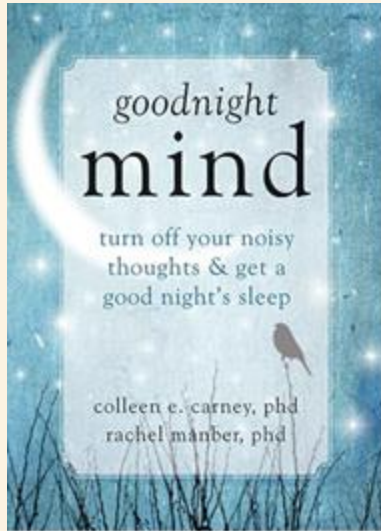
2: Define Your Sleep Need








3. Prioritize Your Sleep Need



4. Bedtime routine

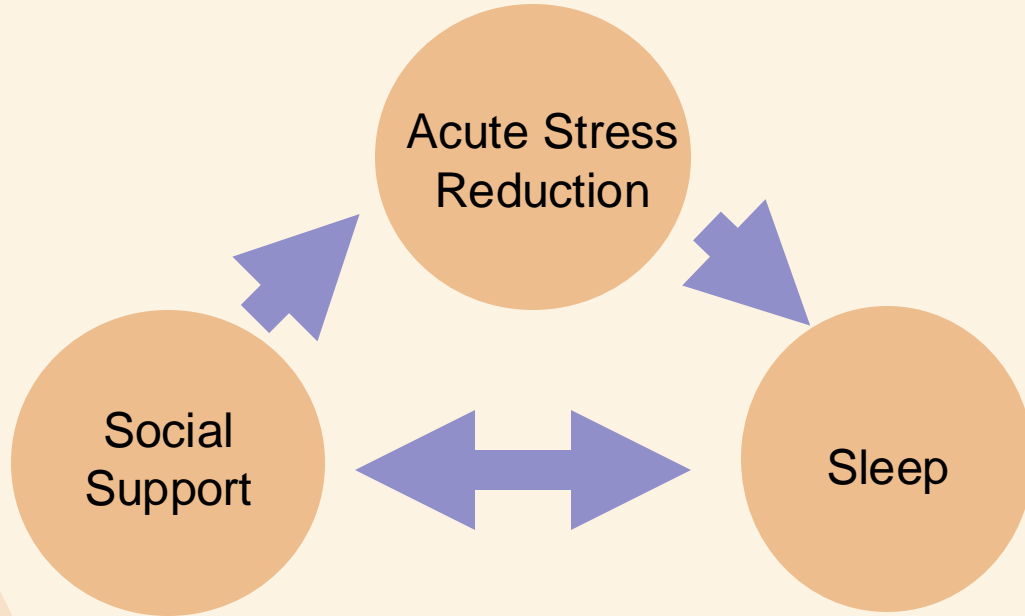


My Bedtime Routine

	TAKE A BATH	
	PUT ON MY PJ'S	
	BRUSH MY TEETH	
	READ A BEDTIME STORY	
	LIGHTS OUT	

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5. Social support is a valuable factor



Acknowledgments

Lab Members



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Current Grad Students



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Justin Verlinden



Gabe Gilmore



Rene Perez



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Thank you



Questions?

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MORE ABOUT ACTIVE
STUDIES IN OUR LAB**