



# Lakeview Beacon

*Helping People Find Solutions*

*Summer 2014*

**Lakeview Counseling**

1844 Oak Hollow Drive, Suite B

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Traverse City, MI 49686

Jill Kimball recently attended A Matter Of Honor gathering. AMOH is a local organization that is working to educate the public about Combat PTSD. For more information check out:

<http://www.amoh.us/>.

Jill will be training CASA volunteers in April in Understanding Children. CASA is a national organization that advocates for children involved in the court system. For more information: <http://www.casaforchildren.org/>.

## **What You Might Like to Know About Sleep**

Compiled by Carol Murray LMSW

Most people have nights or days where sleep seems elusive....you can't turn off the brain so you lie there thinking and maybe even worrying. You look at the clock. You feel a wave of anxiety as you think "will I be getting enough sleep; what if I'm tired tomorrow?" Or, you might feel hyped up with excitement and sleep seems like a blockade. You might want to get it over with quickly as possible to get to the next day or event. If your job requires that you work a shift schedule, this can be challenging to the quality of sleep, especially if the shift changes. Whatever the reason, not getting a good night's sleep on one or two nights a week is not the cause for alarm. If you're not getting enough sleep three nights or more on a regular basis, time to consult with specialist. Repeated disruptive sleep and insomnia can lead to serious physical and mental problems

Adults understand that sleep is beneficial to the immune system, metabolism, memory, mood and the ability to learn. During sleep, the body rests and restores energy levels. The brain, however, can become more active during sleep. There are two basic types of sleep:REM (rapid eye movement) and NREM (non rapid eye movement). Sleep studies tell us that the sleep process has a pattern: Stage 1, Stage 2, Stage 3, Stage 4, back to Stage 2 and into REM sleep. This cycle takes 90-120 minutes and there are 4-5 cycles during the night. Intense dreaming tends to take place in the last 2 cycles. Sleep interruptions can cause you to start a cycle again, so fewer interruptions means better sleep.

The amount of sleep one needs can vary from person to person and is based on your age and your genetic mix. If you are curious about how efficient your sleep is, create a Sleep Diary and use it for 30-60 days. Your sleep log should include: time you got into bed, time you turned lights out, how many minutes it took for you to fall asleep, how many times you woke up, for how long you were awake, time of your final wake up, the time you got out of bed and a rating (1-5) of the quality of your sleep. The answers will tell you several things.

1. Do you have a sleep schedule and routine?
2. What is the average amount of sleep you need per night?
3. Your sleep efficiency number: to calculate this, start with total sleep time (in minutes), subtract the amount of time it took you to fall asleep, subtract the amount of time you were awakened. Divide that number by the total minutes you were in bed. The goal is to have the number 85% or better.
4. Do you tend to rate your sleep as a "4" or "5"?



*...sleep is the  
best meditation  
(Dalai Lama)*

*Lack of sleep  
directly affects  
marital happiness.*

*Exposure to  
bright light in the  
morning right  
when you wake up,  
can help reset your  
body clock.*

## **If you are someone who has difficulty falling asleep, here is a list of Do's and Don't s that should help you.**

- 1) If you nap during the day, keep the nap to 15-30 minutes
- 2) make sure you are active during the day so that your body will need to rest
- 3) maintain a sleep schedule: go to bed and wake up the same time each day
- 4) within 2 hours of bedtime, avoid any stimulating activity, heavy foods, and beverages with alcohol or caffeine
- 5) fight after dinner drowsiness by moving around (do a chore), engaging in conversation or reading
- 6) extract yourself from all technology (ie i Pad, laptop, X-box) 1 hour before bedtime
- 7) use a calming activity prior to bedtime (warm bath, soothing music, scent of lavender)
- 8) use your bed for only 2 things: sleep and physical intimacy
- 9) keep the temperature in your bedroom cool
- 10) use background noise such as a fan or a sound machine
- 11) keep your room dark
- 12) make sure you have a comfortable bed
- 13) write down a list of your concerns prior to bedtime and put the list somewhere away from the bedroom
- 14) talk with your physician about over the counter, and prescription sleep aids
- 15) meet with a therapist to learn how to manage your thoughts and to learn relaxation techniques
- 16) if you need a bedtime snack, try any of these: ½ turkey sandwich, whole grain low sugar cereal, granola with low fat milk, yogurt or banana

If you wake up during the night, learn to engage in self-soothing thoughts to lull yourself back to sleep. Imagine what a parent does when they hear a child crying out at night. The parent goes to the child, uses a gentle touch and a soothing and reassuring voice. Find this voice in your head and allow the voice to talk to you, saying things such as: you are OK; now is your time to sleep, you can deal with things tomorrow after you have rested. Repeat these statements several times.

When you are waking up, **light** helps you stay awake and alert. The best choice is natural light (sunlight), absent of that, turn on house lights.



Fifty-five percent of car crashes that were caused by lack of sleep were drivers age 25 or younger.

Sixth grade students who stayed awake 30 minutes later for 3 days performed at the same level as fourth graders.

## **Teens and Sleep**

### **(compiled by Janet Hughes, ACSW)**

Did you know that teens who do not get enough sleep can have lower grades, experience increased depression and have more car accidents? Here are some interesting facts on teens and sleep.

-insufficient sleep not only results in difficulty with focus, attention and concentration making it difficult to excel in school but, also leads to irritability and mood disorder.

-Students receiving A's and B's go to bed earlier than students with grades of C and below.

-Sleep deprived people recall more negative memories than positive ones (which can lead to depression, anxiety, and low self-esteem).

-Sleep deprived teens react more slowly; have more difficulty making good decisions, and can be more aggressive.

- Teens need nine hours of sleep and their biological clock is set to go to "sleep later and rise later." \*(see below)

### **What Parents Can Do**

- 1) Establish a regular evening routine and bedtime.
- 2) Turn off all electronic media 60 minutes before bedtime.
- 3) No caffeine within 6-8 hours of bedtime.
- 4) Exercise and going outside (even in winter) helps quite a bit.
- 5) Provide positive reinforcement, tell them how much happier they look when they get a good night sleep. Also, tell them how great you feel after a good night sleep.

### **Symptoms of Common Sleep Disorder**

- Extreme difficulty waking for school
- Sleepiness during class
- chronic sleep deprivation during the week with long sleeping in on weekends
- daytime fatigue, irritability, inattention, and even hyperactivity

**\*compiled from: Dr. Cindy Nichols, PhD,FAASM,CBSM conference**

Dr.Nichols is board certified in sleep medicine and behavior sleep medicine. Munson Sleep Disorders Center

\* also Contemporary Perspectives on Adolescent Sleep (International symposium)

## **Lakeview Counseling**

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Below are some meditation or mindfulness apps that you can download on your phone or computer.

**Some of these are free and some are to be purchased.**

“Relax and Sleep Well” is an excellent free app!

[Http://dailyburn.com/life/tech/guided-meditation-apps](http://dailyburn.com/life/tech/guided-meditation-apps)

The “Calm” application has beautiful sounds and nature scenes for mediation.

The Prana Yama- is a free breathing guided-meditation.

More guided-meditations can be found at:

[Https://insighttimer.com/](https://insighttimer.com/)

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