

### **Sleep Management Quiz Answers**

1. The essential purposes of sleep are:-

- It restores and refreshes us
- It allows the brain to process information received during the day and make it accessible to us.
- It helps the body ward off illness and restores the immune system.
- It is important for physical wellbeing.
- It is essential for mental/psychological well being.

2. You might assume that ideally we should aim for about 8 hours sleep per night. In fact 8 hours is the average number of hours sleep that people seem to manage, not an ideal number. This means that some people manage more hours sleep and some manage less. There is in fact no ideal length of sleep. This is individual to each person. Think of Margaret Thatcher who it is said managed well on only 4 hours sleep per night!

3. TRUE. As we grow older it is believed we need less sleep. Think of babies who sleep up to 16 hours per day as part of the process of growth and development and how this changes as we grow older.

4. FALSE. The brain is in fact extremely active during sleep.

5. Two main phases of sleep are:-

Non-rapid eye movement (NREM)

Rapid eye movement (REM)

6. FALSE. It is thought that we actually experience dreams during the deeper REM stages of sleep. During this stage our bodies are thought to be what is called "catatonic" i.e. we are unable to move and act out our dreams which can seem very real. Night terrors and sleep walking are thought to occur in the lighter NREM stages of sleep when we are not in a 'catatonic' state.

7. The REM phase of sleep is thought to begin approximately 90 minutes after we first fall asleep.

8. It is ok to lose a few nights' sleep. Ordinarily our bodies and minds are very good at taking what they need from the sleep we get. If we lose a few nights sleep we do not need to make up this sleep hour for hour. Instead the quality of our sleep changes. Our minds and bodies are good at moving us into the deeper REM phases of sleep quicker and for longer in order to refresh and replenish us. In conditions such as Fibromyalgia syndrome it is one theory that it is more difficult to maintain the deeper stages of sleep to gain full benefit. This means the quality of sleep is not so good and people with Fibromyalgia often awake feeling unrefreshed and fatigued.

9. As mentioned above ordinarily our bodies are very good at taking the sleep that we need.

10. Types of sleep problem include:-

- Difficulty falling asleep
- Disturbed sleep and difficulty falling back to sleep
- Tiredness and fatigue despite a full night's sleep
- Nightmares and night terrors
- Sleep Apnoea (A condition where people can momentarily stop breathing during sleep)
- Narcolepsy (A condition where people can fall asleep at any time)

11. It is not helpful to save up your worries until you go to bed. They will just fill your mind run round and round your head and wind you up so that you struggle to go to sleep. One strategy which can be useful is the idea of writing down your thoughts and worries in a diary, or on paper, so that they are taken out of your mind and onto the paper to be dealt with in the morning.

12. It is not helpful to eat a big meal before going to bed; you will just feel full and uncomfortable. However it is also not a good idea to go to bed hungry either. A light meal or snack before bed is ok and can help to settle you.

13.TRUE. It is a good idea to have a regular bedtime and getting up time. Human beings seem to be creatures of habit, meaning we like routines. When we are having trouble with sleep it can be helpful to look at the pattern of our sleep, starting with our bedtime and getting up routine. Our bodies and minds function best on a regular rhythm of sleep and wakefulness. This is called our "Circadian rhythm". This normally follows a pattern of wakefulness during the day and sleep during the night (unless you work night shifts and then it is the other way around). We can develop an almost automatic shut down and wake up system in the body and mind if we have a good bed time and waking up routine which involves routine things that we do to

wind down at the end of the day and wake up in the morning. These things might include a bath, or warm drink before bed and a shower and regular breakfast in the morning. You can get so good at training your body to sleep and wake at particular times that you can almost do without an alarm clock (though I would not recommend this!)

14. FALSE. It is generally thought that watching TV in bed can actually keep you awake by stimulating the brain. Particularly if it is an exciting programme.

15. FALSE. Ordinary tea and coffee contains caffeine which is a stimulant and will keep you awake. Instead choose warm caffeine free drinks before bed.

16. FALSE. As with caffeine, nicotine is a stimulant and will also stimulate you and keep you awake.

17. TRUE. Having a warm bath (not too hot) before bed helps to increase your core temperature and relaxes you. If you make this part of your regular sleep routine it can help improve your sleep pattern.

18. TRUE. It is ok to have what we call a “power nap” during the day to recharge the batteries and help keep you going for the rest of the day. Any more than 30 minutes though, and this will start to affect your night time sleep routine.

19. TRUE. It can be helpful to use relaxation techniques as a way of helping you to go off to sleep at night. We have a CD and a information on relaxation as part of this website which may be helpful to try. However, when you are first learning the skills of relaxation it is helpful to practice at a time and in a position where you are less likely to fall asleep so that you can build up the skills you need to relax properly. Once you have become good at relaxation you can use it to help with your sleep.

20. TRUE. Some pain relieving drugs can affect your sleep pattern and the quality of your sleep. Also when you are withdrawing from some drugs there can be a disruption to your sleep pattern.

21. Sleep diaries are helpful because they allow us to work out what our current sleep pattern is like, identify where the problems lie and whether we have a good bed time and waking up routine. They also help us establish how much sleep we are actually getting and help us to see where we can begin to make small changes. We have included a sleep diary as part of this website which you might like to try.

22. Other helpful sleep strategies might include:-

- Develop a good bed time and waking up routine
- Eliminate foods and drinks containing caffeine 4 hours before bed. Caffeine will stimulate your body and mind and can affect the quality of your sleep.
- Limit alcohol as this is also a stimulant and can affect the quality of your sleep
- Limit cigarettes and tobacco. Nicotine is also a stimulant and will affect the quality of your sleep
- Avoid extreme temperatures in the bedroom. Don't have the room too hot or too cold.
- Keep your bedroom purely for sleep, relaxation and rest. This means your mind develops an association between your bedroom and sleep which helps you wind down when you are in this room.
- Think about the colour your bedroom is painted. Is it a nice relaxing calming colour or a stimulating vibrant colour.
- Write down worrying thoughts to take them out of your head and allow you to deal with them in the morning
- Do a weekly programme of exercise and activity as this will help you develop a better routine and improve the quality of your sleep.
- Reduce noise and light in the bedroom as these can keep you awake.