

CHEST
Celebrates With
World Sleep Society®

World Sleep Day®
Friday, March 19

THIS YEAR'S SLOGAN

Regular Sleep,
Healthy Future



- Regular sleep is defined as having a set bedtime and wake-up time
- Regular sleep is essential for health and well-being
- Sleep timing and duration are regulated by the two-process model



- **Circadian rhythm** (process C): Our internal clock regulated by melatonin secretion and zeitgebers, the strongest of which is light
- **Homeostatic control** (process S): Promotes sleepiness depending upon the previous duration of time spent awake



- Sleep regulation can be disrupted by our behaviors, such as:
 - Delaying bedtime
 - Bright light exposure before bedtime
 - Environmental disruptions, such as having pets in the bedroom
 - Poor sleep hygiene



- Establish a set sleep and wake time, even on weekends
- Avoid naps during the day or limit to <1 hour
- Avoid activities in bed other than sleep and sex
- Avoid bright light exposure, alcohol intake, and tobacco smoking prior to bedtime
- Avoid caffeine after lunch or 6 hours prior to bedtime