

Sleeping is Important



John Rudy March 13, 2024

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The Red Eye and Vacations

- ***Personal experiences***

40 years ago took the Red Eye back from California. AWFUL

Europe is 5-7 hours away, and you lose sleep going.

The far East can be 12 hours away.

I seem not to be affected by 1-3 hour changes.

Personal observations

East to West is not the same as West to East.

I arrange for an extra day on the front of a vacation to acclimate.

November 2023 Scientific American article by Eti Simon got me worried about lack of sleep

Why Just One Sleepless Night Makes People Emotionally Fragile

<https://www.scientificamerican.com/article/why-just-one-sleepless-night-makes-people-emotionallyfragile/#:~:text=In%20healthy%20individuals%2C%20good%2Dquality,and%20depression%20the%20following%20morning>

- In healthy people good quality sleep is linked with a more positive mood
- One bad night triggers anxiety and depression the next morning
- Chronic sleep disruption tends to experience daily events as more negative

Simon Cont'd

- In separate study 85% of Americans reported mood disruption without sufficient sleep.
- Apparently an impact is to disrupt the brain's circuitry for regulating emotions.
- Those with insomnia twice+ as likely to develop depression or anxiety.
Ref study with 1500 participants.
- Insomnia frequently results in PTSD and greater suicide.
- 2-3 days without sleep some become delusional and paranoid
- Study of soldiers showed some psychotic episodes.

Simon Cont'd

- Some studies of only 1 sleepless night, or reduction to 4 hours of sleep for 4-5 nights, result in similar issues.
- Another recent study showed increased risk for hypertension and cardiovascular disease (no data given).
- Simon is a research scientist at Univ of CA.



This is when I decided to
do more research



TED Talk on Effects of Sleep Deprivation

Robbert Havekes

<https://www.youtube.com/watch?v=F39IBJZlsek>

- in the last 70 years average sleep has decreased from 8 hours per night to 6.5 hours per night.
- Personal note: since retirement, my sleep increased 1-2 hrs/day.
and sleep time moved 1 hour to the right.

Scientific American 2/21/2024 Ingrid Wickelgren

- Nightmares occur during REM sleep, eyes are moving rapidly, and this can be sensed by hardware.
- New phone app connected to a smart apple watch senses rising heart rate and restlessness associated with a nightmare, and delivers gentle vibrations without waking the subject.

Selective memories are reinforced during sleep during the slow wave portion. Slow waves decrease as we age.

Do “catnaps” help?

- <https://www.businessinsider.com/guides/health/how-long-should-i-nap>
- **A short nap, 20 to 30 minutes, can improve mood, sharpen focus, and reduce fatigue.**
- **If napping >30 minutes, may become more groggy and fatigued because you enter deep sleep.**
- **However, naps should not replace the recommended 7 to 8 hours of sleep.**
- **Naps <10 minutes associated with worsened mood.**

Article medically reviewed by Jason R. McKnight,, a family medicine physician and clinical assistant professor at Texas A&M College of Medicine.

<https://www.theguardian.com/business-to-business/2017/dec/04/clocking-off-the-companies-introducing-nap-time-to-the-workplace>



Wellness at work

🕒 This article is more than **6 years old**

Beds Being Introduced at Airports

- I first saw sleeping rooms in a Japanese airport

<https://www.onetravel.com/going-places/us-airports-with-sleep-pods/>



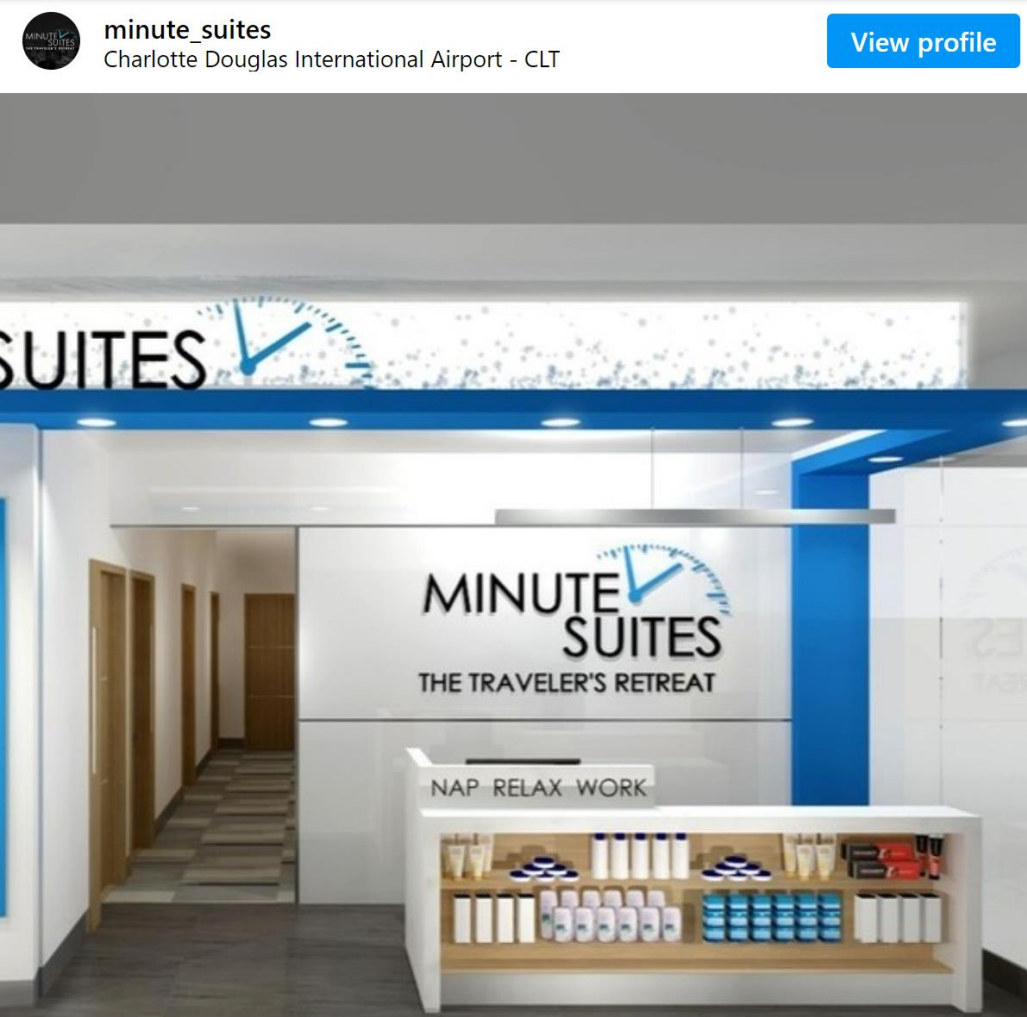
More Airport Sleeping Pods

John F. Kennedy International Airport (JFK)

- Pods equipped with pillow, blanket, reading light, and power outlets.
- Cost varies, with option to use the pod for free for the first 20 minutes, followed by a fee ranging from \$10 to \$15 per hour.
- Storage space under the mattress, providing a secure spot for luggage.



Charlotte Douglas International Airport (CLT) – Charlotte, North Carolina



How long can you Stay Awake ?

264.4 hours in 12/63 – 1/64

- 17-year-old Gardner stayed awake for 11 days and 24 minutes, breaking previous record of 260 hours. His attempt was attended by Stanford sleep researcher.
- He recovered OK.
- Gardner's record then broken multiple times until 1997, when Guinness ceased accepting new attempts for safety reasons.

Narcolepsy is not fun

- A sleep disorder that makes people very drowsy during the day.

People with narcolepsy find it hard to stay awake for long periods of time. They fall asleep suddenly. This can cause serious problems in their daily routine.

- Life-long condition for which there's no cure.
- Duration <30 minutes.
- Wide variety of variations and complications.

Sleep Versus a Coma

- Coma is a state of consciousness that is similar to deep sleep, except no amount of external stimuli (such as sounds or sensations) can prompt the brain to become awake and alert.
- Multiple levels of coma depth.

Summary

- Sleep literature is confusing
- Get enough sleep; always
- Don't be heroic