WAKE UP
TO BETTER SLEEP
A Campus-Wide Public Health Initiative

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Savage Chickens

by Doug Savage

I've been having terrible insomnia lately.

Have you tried powerpoints?
Objectives

1. Define the impact of sleep on well-being
2. Identify generation-specific public health strategies for raising awareness of the importance of quality sleep
3. List innovative resources for quality sleep information and skills
4. Discuss successful strategies for implementing a sleep initiative on college campuses
Impact of Sleep

- Difficulty with decision-making, forgetfulness, trouble focusing

- Competent problem-solving, strong memory recall, focused alertness
Impact of Sleep

- Irregular moods, difficulty communicating, increased stress reactivity
- Sense of contentment, quality communication, stress management

Wake Up to Better Sleep

Student Health Center
University of Missouri Health
Impact of Sleep

- Increase in ghrelin (hunger hormone) and cravings for simple carbs, fats, sugars, salts

+ Normal hunger and satiety cues, food choices are more likely to be nutritious
Impact of Sleep

Weakened immune system, inflammation, and overall slowed body functioning

Strong immune system, normal and efficient body functioning
Impact of Sleep

- Slowed reaction time, lethargy, decreased physical activity & movement, slouched posture
- Quick reaction time, sustained energy, inclined to be physically active, improved posture
Impact of Sleep

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WAKE UP TO BETTER SLEEP

Student Health Center
University of Missouri Health
Impact of Sleep on Academic Performance & Retention

- Sleep disorder potentially linked to lower GPA (<2.0)$^2$
- Sleep loss associated with poor procedural learning$^3$
- Pre-frontal cortex vulnerable due to sleep loss$^3$
- Poor academic standing students likely to report sleep difficulties$^4$

+ Preserved exam performance$^1$
+ Retention of new information$^1$
+ Integration of new information$^1$
+ Effective problem solving$^1$
Sleep Initiative

**Purpose:** increase students’ awareness of the importance of quality sleep and provide skills-based education for enhancing sleep hygiene
Sleep Initiative

• Incorporate generation-specific public health strategies
• Saturate campus with sleep information
• Use target marketing approach
• Internal and external health center referrals
• Integrate sleep education, innovative resources, and services
• Collaborative student organization involvement
Sleep & Mindfulness

• Participants randomized in case-control study
  • 8 week Mindfulness-Based Cognitive Therapy including mindfulness meditation
  • Waitlist with no intervention

• Results for MBCT group
  • Decreased wake time
  • Increased sleep efficiency
Logic Model: Sleep Initiative

INPUTS

Human Resources

Access to web design & campus mass communication portals

Campus reports or NCHA-II data on sleep quality and sleep debt among student population
Logic Model: Sleep Initiative

**INPUTS**
- Human Resources
- Access to web design & campus mass communication portals
- Campus reports or NCHA-II data on sleep quality and sleep debt among student population

**OUTPUTS**
- Limited Resources
  - Sleep hygiene handouts, posters, flyers
  - Content on health center’s website with resources and education
  - Material distribution at campus events, residence halls and in the clinic
  - Create or link to mindfulness relaxation audios and videos available on website
- More Resources
Logic Model: Sleep Initiative

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Limited Resources

More Resources

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Create or link to mindfulness relaxation audios and videos available on website

Outreach services through student organizations

Individual health coaching appointments for sleep issues

Non-academic, drop-in meditation and yoga classes

Academic credit courses for mindfulness

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University of Missouri Health
Logic Model: Sleep Initiative

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**SHORT-TERM OUTCOMES**
- Increase access of resources and education to improve sleep hygiene and overall quality of sleep
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**SHORT-TERM OUTCOMES**
- Increase access of resources and education to improve sleep hygiene and overall quality of sleep

**LONG-TERM OUTCOMES**
- Campus reports or NCHA-II data depict an increase in the number of students who report better quality sleep on campus
Socio-ecological Model

- Health coaching
- Mindfulness practices
- Sleep hygiene & education handouts
Health coaching

My Wellbeing Action Plan

I choose to focus on the wellbeing area(s) to improve my health:

- Stress Management
- Mindfulness
- Time Management & Organization
- Tobacco Cessation
- Sleep
- Nutrition
- Fitness
- Alcohol/Drug Harm Reduction

Action step:
During the next week I will ______________________ day(s) at ______________________ time(s).

on ______________________

Accountability:
I am motivated to ____________________________________________
because ____________________________________________________

Support:
Identify key people that will support you: ______________________

Readiness to Change:
0 1 2 3 4 5 6 7 8 9 10

Confidence in Your Ability to Change:
0 1 2 3 4 5 6 7 8 9 10

Barriers:
Identify barriers that may get in your way:

______________________________

Strategies:
What strategies will help resolve your barriers:

______________________________

I confirm my action plan and agree:

My Signature

WAKE UP
TO BETTER SLEEP

Student Health Center
University of Missouri Health
Audios & videos

Allow yourself time to pause and practice the following guided sitting and movement meditations.

Mindful Meditations and Relaxation

(Left click to play, right click to save and download. All files are mp3 format.)

- **Body Scan Meditation (Audio: 25 minutes)** This guided meditation is an introduction to nourishing mindful awareness of the body. It focuses on falling awake rather than falling asleep using non-judgmental, moment-to-moment attention to each part of the body. A powerful healing technique, when done consistently, has been shown to be a positive stress management practice, reducing stress, decreasing anxious feelings, and improving quality of sleep and cultivating self-awareness of the body.

- **Eating Meditation (Audio: 42 minutes)** This meditation is taught in the Mindfulness-Based Stress Reduction course. The guided audio will allow you to cultivate present-moment focus starting with breath awareness. Moments of silence are provided for you to nurture your relationship with stillness.

- **Body-Sensing Relaxation (Audio: 15 minutes)** Part of the mindfulness meditation based on the work of Dr. Richard Miller. Taking you through the body bringing awareness and relaxation to help you fully release stress.

- **Loving Kindness Meditation (Audio: 20 minutes)** A meditation promoting the softening of the mind and heart, an opening to a deeper level of the feeling of kindness and compassion for others and yourself.

- **Three-Minute Breathing Space (Audio: 3 minutes)** A brief guided meditation focusing on the breath and body that can be used before tests, presentations, or when you want to step out of the busy flow of life.

- **Mindful Yoga Breathing (Audio: 8 minutes)** Also known as the 3-part breath technique. This nourishing and calming breathing technique can be great to use when feeling stressed or anxious. A video titled "3-Part Breath" below demonstrates how to engage in this breathing practice.

- **Happy Breath (Audio: 5 minutes)** Also known as Nadi-Shodhana in the yoga tradition, or alternate nostril breathing. Benefits include calming the mind, releasing tension, and helping to balance the brain and body. A video titled "Alternate Nostril Breathing" below demonstrates how to engage in this breathing practice.
Sleep Tips
Good for health, safety and academic performance

- Maintain a regular bedtime & wake time
- Reserve your bed for sleep and intimacy
- Create a relaxing bedroom atmosphere (dark, quiet, not too hot, not too cold)
- Exercise regularly during the day so your body feels tired enough to want rest at night
- Avoid stimulants, like caffeine, a few hours before bedtime
- Practice relaxation breathing techniques, mindful meditation and restorative yoga poses at bit.ly/mindfulaudios
- Avoid hitting the snooze button — it puts the body and mind back into sleep mode, making it harder to get up
- Engage in a relaxing activity before bed, such as listening to music or reading for pleasure
- Eat dinner early and consume light snacks in the evening as you study
- If you are having trouble falling asleep, do something relaxing in another room and once you are sleepy return to bed
- Turn off digital devices at least 30 minutes before bedtime
- Remember, alcohol and other drugs throw off the sleep cycle
- Our brains and bodies need 7-9 hours of sleep each night to restore balance


Health Promotion & Wellness
573-884-WELL (9355)
Student Health Center
University of Missouri Health Science
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Wake Up to Better Sleep
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Socio-ecological Model

- Drop-in meditation & yoga
- Academic/non-academic classes
- Presentations
- Health center provider referrals
- Breathe student organization
- Stressbusters student organization
- Peer-to-peer tabling
Falling asleep during the day? Can't shut your brain off at night? Register for the FREE Sleep Solutions class

Suffer from insomnia? Not feeling fully rested after a night's sleep? This 4-week class teaches you about the science of sleep, practical tips and strategies, restful yoga postures and breathing techniques on how to calm the mind and body to get better sleep. This non-credit class will be held Mondays 1:30-2:45 p.m., the four-class series starts Feb. 8. Sleep Solutions registration is covered by your pre-paid health fee. However, there is a no-show fee of $25 for those who don't attend all four classes. Call 884-WELL (9355) with questions.

Announcement sponsored by Health Promotion & Wellness, MU Student Health Center
breathe

breathing relaxation experiential activities to help everyone

A student ORG providing opportunities to learn and experience a variety of stress management and relaxation practices centered around the breath.

We engage in mindful meditation and nature-based experiences because we believe in the power of mindful living to create inner balance, self-awareness, insight, authentic connection with others and an overall vibrant experience of life.

Get Connected

• OrgSync
• breathemizzou@missouri.edu
• bit.ly/BreatheMore

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”
—Thich Nhat Hanh

Student Health Center
University of Missouri Health System
573-884-WELL (9355)
Health Promotion & Wellness
New 07/17/15
Stressbusters @Mizzou

TUE WED

WIND DOWN WEDNESDAYS

TAKE 5 TUESDAYS

Put Stressbusters on your calendar.

Get a Free 5-7 min back rub.

1 - 2 pm
KC/STL Rooms
Student Center

Student Health Center
University of Missouri Health
Socio-ecological Model

- Napping map
- Social media
- Campus emails
- Residence hall posters
- National Public Radio broadcast
- Health center TV lobby slides
- Website updates & content
sleep tip
banish books &
devices from bed

nopappillow likes this

mustudenthealth Banish books, computers and other devices from your bed to make it a relaxing place for rest only. If you need to study or want to watch a movie, take it to a different place in your room or go to the library. #healthcoachtip
#sleeptips
RESOURCES

ENROLL IN SLEEP SOLUTIONS
Register for this non-credit class at http://bit.ly/MUSleepy

ENROLL IN iREST
Enroll in this 1-credit hour class on MyZou

DROP-IN YOGA OR MEDITATION
View classes and times at studenthealth.missouri.edu

LISTEN TO RELAXATION MP3s
Find them under Stress Management at studenthealth.missouri.edu

PRACTICE RESTORATIVE YOGA
Find videos under Stress Management at studenthealth.missouri.edu

CREATE A SLEEP PLAN
Call to set up an appointment with a certified health coach
573-884-WELL (9355)
PLAN YOUR DAY FOR A GOOD NIGHT

1. Keep the same sleep and wake time, even on weekends.
2. Limit or avoid caffeine and alcohol, they disrupt the sleep cycle.
3. Identify three things you are grateful for today to go to sleep on a positive note.

If you need a nap, take it before 4pm

Regular exercise releases energy and reduces tension.

studenthealth.missouri.edu
Tip #3

Regular exercise (just 30 minutes per day) releases energy and reduces tension to help you sleep.

Call our certified health coaches
573-884-WELL (9355)
A healthy, active adult needs 7-8 hours of sleep every day. Without it, we begin to lose the ability to concentrate, solve problems, remember, stay alert and function at the highest level of our ability. There are many things that can disrupt our natural sleep rhythm such as worry, stress, overwork, difficult emotions and interruptions in our daily lives. All of this can lead to insomnia or the inability to fall asleep and stay asleep. This is called sleep debt. Sleep debt can be defined as chronic lack of quality and duration of sleep throughout the night. It is not uncommon for students to feel so fatigued that they make up their sleep debt by taking a 2-3 hour “nap”. Although napping can be beneficial, this is not considered healthy napping behavior. Find out more about the science of napping.

If you are ready to get sound sleep as part of your overall daily health habit, our certified health coaches can help you identify strategies to create the right environment and review important habits that lead to quality sleep. In addition, we will teach you important mindfulness skills when thoughts and emotions associated with stress interfere with sleep.

We have designed a specific Sleep Solutions class to support you in attaining quality sleep. We also have a variety of contemplative classes that have been proven to reduce stress and are beneficial for quality sleep.

Call (573) 884-WELL (9355) to make an appointment with our certified health coaches.
Socio-ecological Model

- Napping map
- Social media
- Campus emails
- Residence hall posters
- National Public Radio broadcast
- Health center TV lobby slides
- Website updates & content

- Drop-in meditation & yoga
- Academic/non-academic classes
- Presentations
- Health center provider referrals
- Breathe student organization
- Stressbusters student organization
- Peer-to-peer tabling

- Health coaching
- Mindfulness practices
- Sleep hygiene & education handouts

Community

Interpersonal

Individual

Wake Up to Better Sleep

Student Health Center
University of Missouri Health
Summary: Innovative resources

- Comprehensive interdisciplinary mindfulness-based services for relaxation, stress management & enhancement of quality sleep
- Small group courses on mindfulness, meditation and restorative yoga
- Website redesign with downloadable handouts, napping map, audios & videos
- Breathe student org providing student-led meditation sessions and nature-based mindfulness practices for stress management and quality sleep
- Stressbusters student organization providing back rubs weekly and by per request
The only reason I drink so much coffee is because I don't get enough sleep because of all the coffee I drink.
References


Thank you.

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