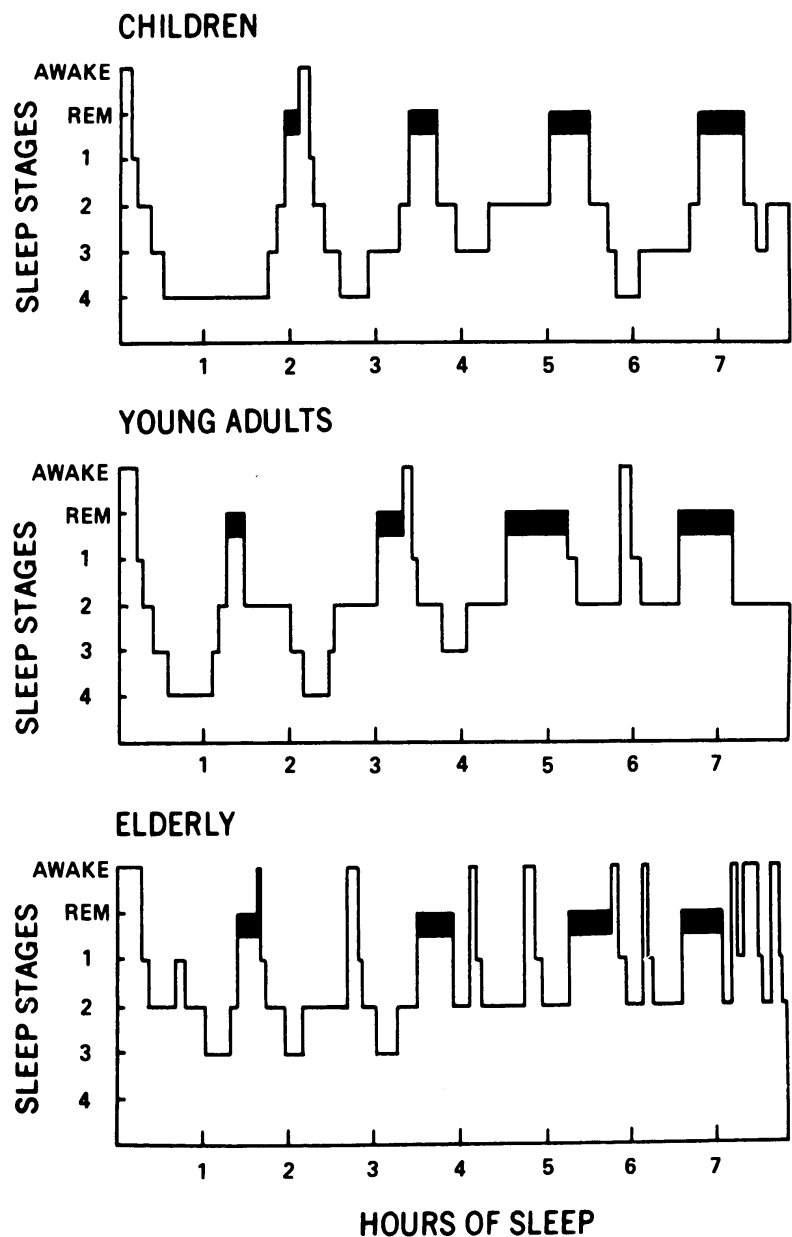
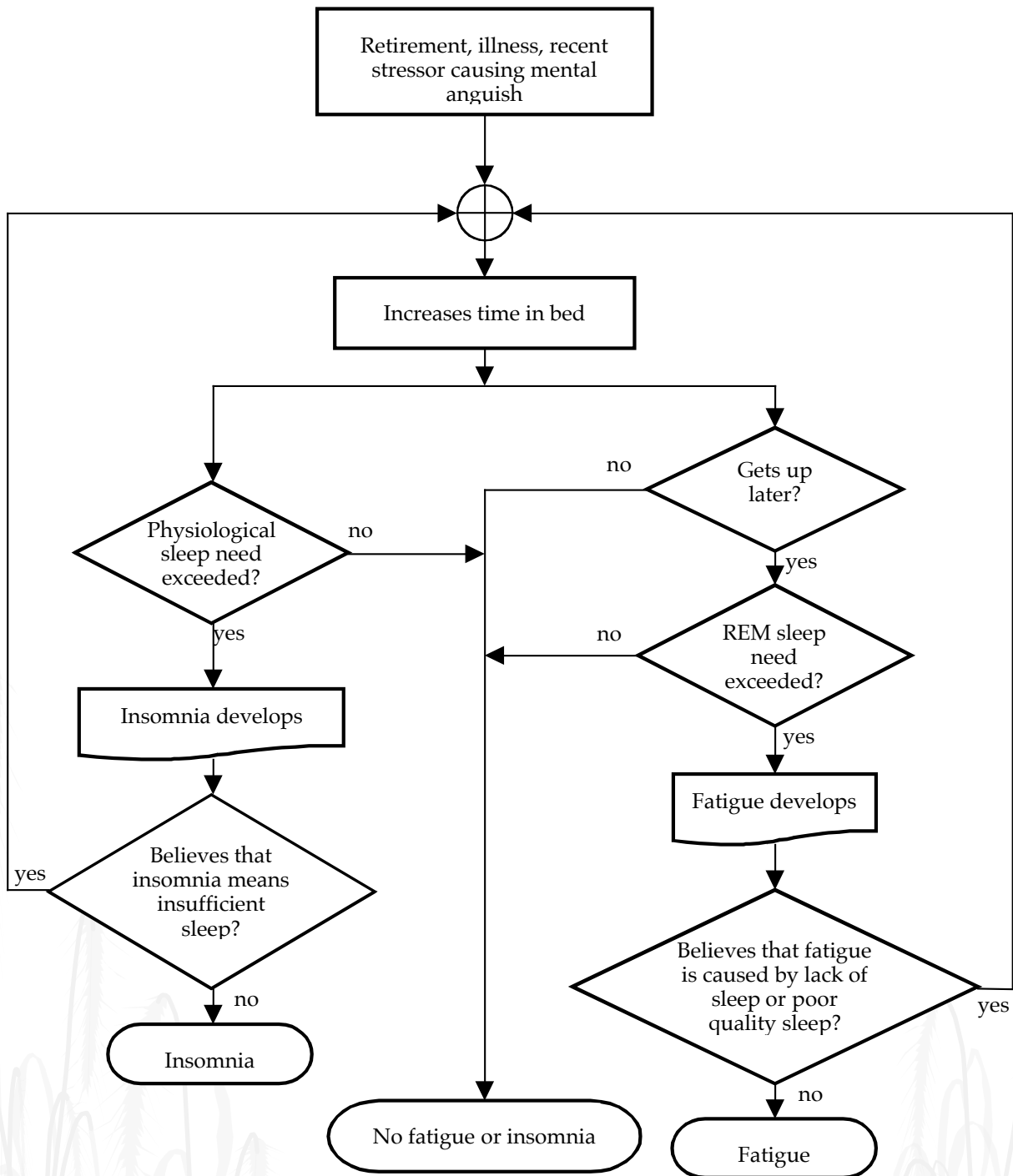


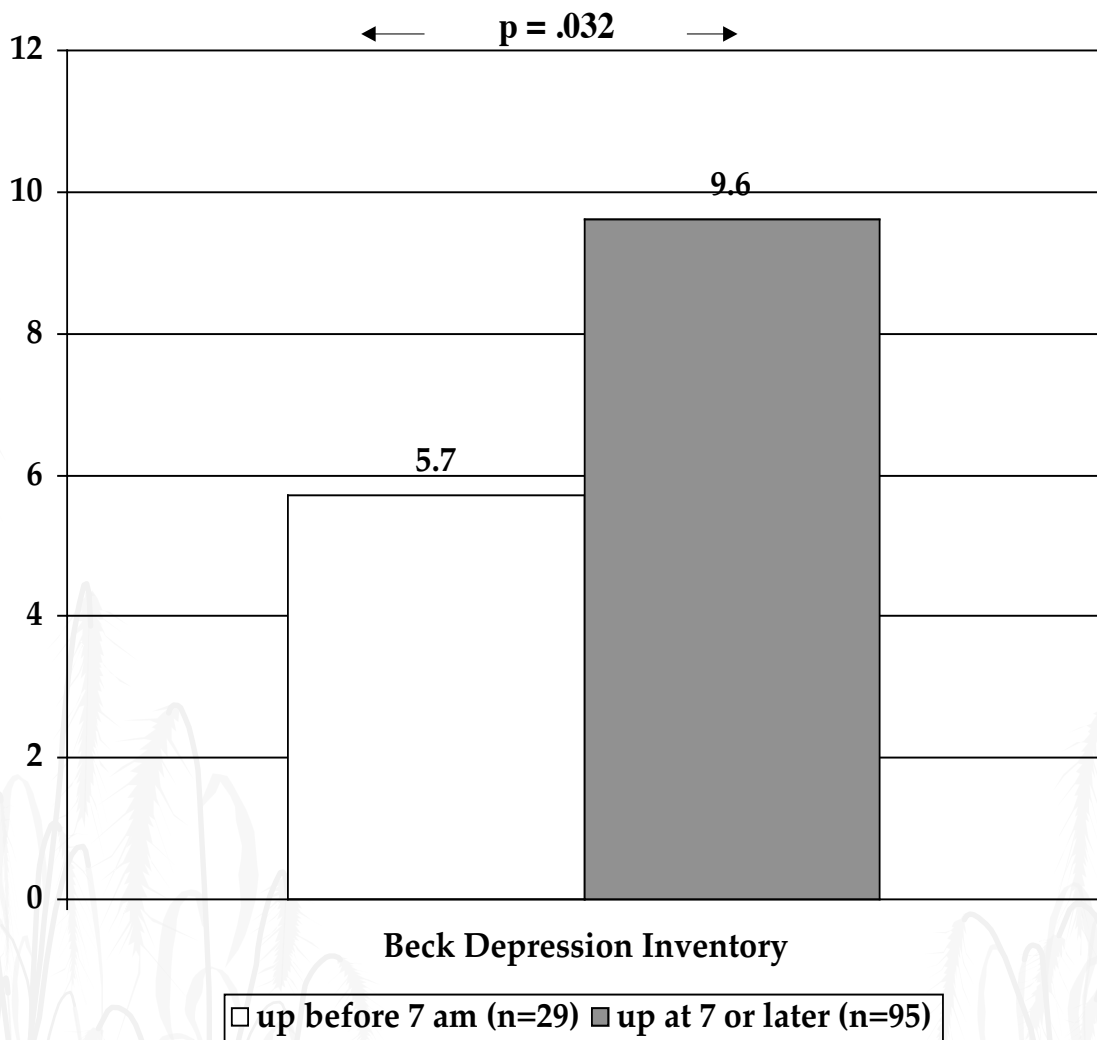
# *EEG Stages of Normal Sleep*

- Note decrease in stage 3 and 4, and increase in awakenings, with aging
- REM sleep occurs every 90 minutes, and increases through the night

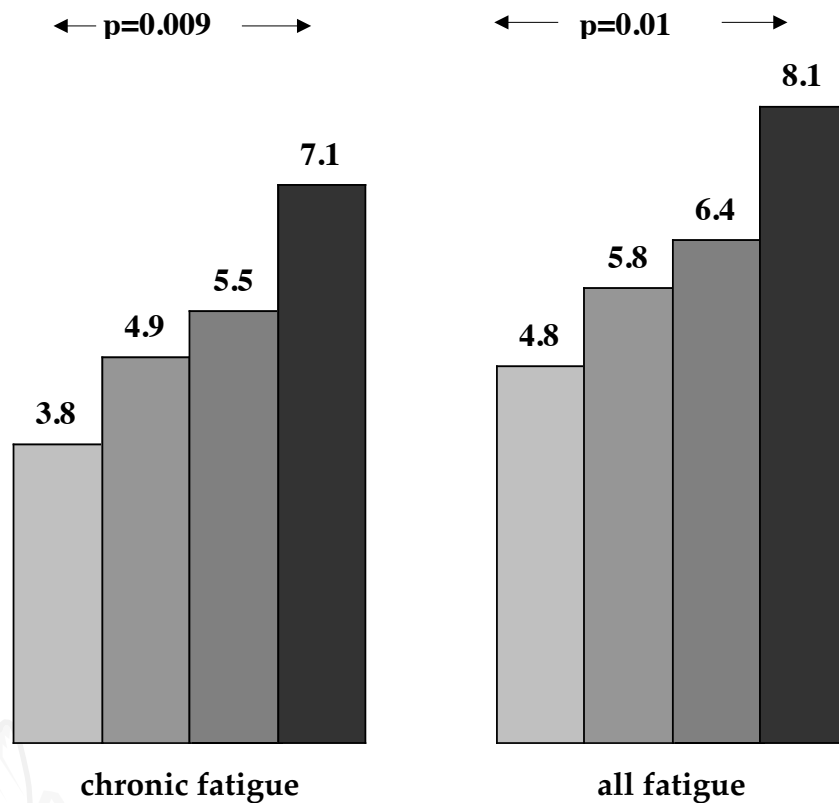




# *Depression vs Arising Time*



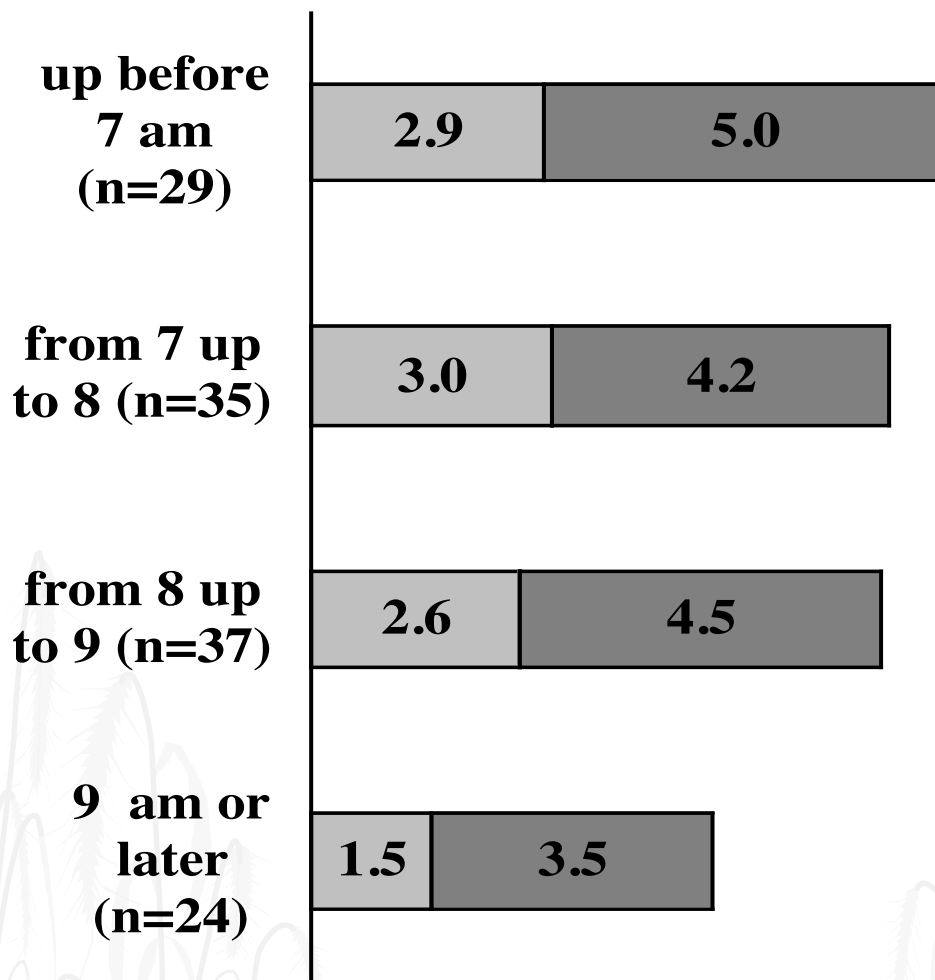
# *Fatigue vs Arising Time*



- up before 7 am (n=29)
- from 7 up to 8 (n=35)
- from 8 up to 9 (n=37)
- 9 am or later (n=24)

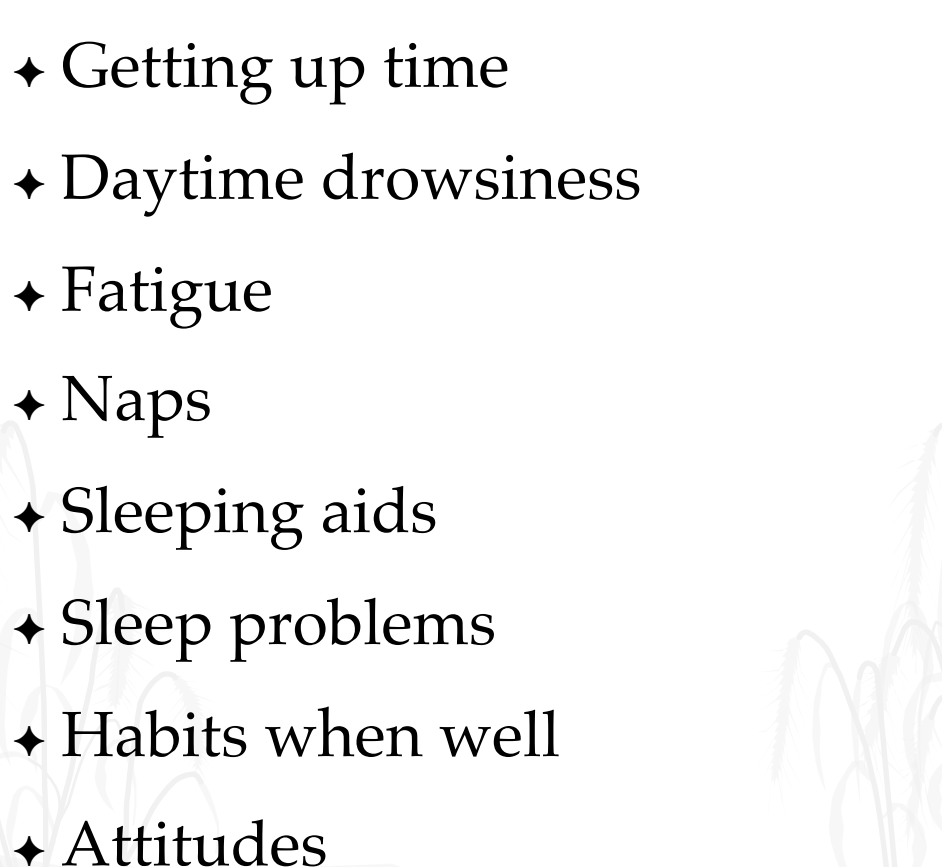
# *Attitudes about Sleep*

- Attitudes about sleep and sleep behaviours:
- q1. If I don't get enough sleep during the night, I should make up for it by sleeping late or taking a long nap. (agree strongly = 0; disagree strongly = 6)
- q2. Sometimes it's necessary to miss work or school because of lack of sleep or really poor sleep.



□ q1. Sleep late    □ q2. Miss work

# *Sleep History*

- ◆ Quality of sleep
  - ◆ Bedtime
  - ◆ Time to fall asleep
  - ◆ Waking during the night: why, frequency, duration
  - ◆ Waking time in AM
  - ◆ Getting up time
  - ◆ Daytime drowsiness
  - ◆ Fatigue
  - ◆ Naps
  - ◆ Sleeping aids
  - ◆ Sleep problems
  - ◆ Habits when well
  - ◆ Attitudes
- 

# *Sleep Hygiene*

- ◆ Same arising time
  - ◆ Limit time in bed
  - ◆ No drugs
  - ◆ Avoid naps
  - ◆ Exercise
  - ◆ Avoid evening stimulation
  - ◆ Warm bath
  - ◆ Regular meal schedule
  - ◆ Relaxation routine
  - ◆ Comfortable conditions
  - ◆ Out of bed if awake
- 