



NEWSLETTER

5 WAYS TO WIPEOUT WINTER TIREDNESS

Do you find it harder to roll out of bed in winter when the temperature drops and the mornings are darker? If so, you're not alone. Many people feel tired and sluggish during winter. Here are five energy-giving solutions that may help – and some conditions that can sometimes be the cause. Continued on Page 2



WINTER EDITION

The purpose of this newsletter is to inform and educate our friends and patients about sleep, sleep disorders and general wellness.

For more information about Sleep and The Regional Center for Sleep Medicine, please feel free to visit our website:

www.sleep Toledo.com



SEASONAL AFFECTIVE DISORDER

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1. LET IN SOME SUNLIGHT

As the days become shorter, your sleep and waking cycles may become disrupted. The lack of sunlight means your brain produces more of a hormone called melatonin, which makes you sleepy.

Open your blinds or curtains as soon as you get up to let more sunlight into your home, and get outdoors in natural daylight as much as possible. Try to take even just a brief lunchtime walk, and make sure your work and home environments are as light and airy as possible.



2. GET A GOOD NIGHTS SLEEP

Getting enough undisturbed sleep is vital for fighting off winter tiredness.

It's tempting to go into hibernation mode when winter hits, but that sleepy feeling you get doesn't mean you should snooze for longer.

In fact, if you sleep too much, chances are you'll feel even more sluggish during the day.

GET OUT AND DO SOME EXERCISE GREAT FOR THE BODY AND MIND

We don't actually require any more sleep in winter than we do in summer – aim for about eight hours of shut-eye a night, and try to go to bed and get up at the same time every day.

Make sure your bedroom helps you feel relaxed and sleepy: clear the clutter, have comfortable and warm bedding, and turn off the TV.

2. GET REGULAR EXERCISE

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Exercise may be the last thing you want to do when you're feeling tired on dark winter evenings. But you might be surprised by how energetic you feel after getting involved in some kind of physical activity every day.

Exercise in the late afternoon may help to reduce early-evening fatigue and also improve your sleep. Try to reach the recommended goal of 150 minutes of exercise a week.

Winter is a great time to experiment with new and

different kinds of activity. For instance, if you're not used to doing exercise, book a session at one of the many open-air skating rinks that open during the winter. Skating is good all-round exercise for beginners and aficionados alike. There are also many regional ski slopes which will offer courses for beginners.

If you're feeling like being more active, go for a game of racquetball at your local sports center, or a game of tennis or indoor soccer.

If you find it hard to get motivated to exercise in the colder, darker months, focus on the positives – you not only will feel more energetic but might also stave off winter weight gain every day.



USE THE 4-7-8 BREATHING TECHNIQUE TO RELAX

EXHALE COMPLETELY THROUGH YOUR MOUTH, MAKING A WHOOSH SOUND.

CLOSE YOUR MOUTH AND INHALE QUIETLY THROUGH YOUR NOSE TO A MENTAL COUNT OF FOUR. HOLD YOUR BREATH FOR A COUNT OF SEVEN.

EXHALE COMPLETELY THROUGH YOUR MOUTH, MAKING A WHOOSH SOUND TO A COUNT OF EIGHT.



4.LEARN TO RELAX

Are you feeling pressured to get everything done during the shorter daylight hours? If so, it may be contributing to your tiredness – stress has been shown to make you feel fatigued.

There's no quick-fire cure for stress, but there are some simple things you can do to help to reduce it. Many people find adding meditation, yoga, breathing exercises or mindfulness techniques into their day helps them to calm down and feel more relaxed.

5.EAT THE RIGHT FOOD

Being overweight or underweight can affect your energy levels and leave you feeling sleepy. So it's important to make sure you eat a healthy, balanced diet.

Once the summer ends, there's a temptation to ditch the salads and fill up on starchy foods such as pasta, potatoes and bread. However, you'll have more energy if you include plenty of fruit and vegetables in your comfort meals.

Winter vegetables – such as carrots, parsnips, swede and turnips – can be roasted, mashed or made into soup to provide a warming winter meal for the whole family. And classic stews and casseroles are great options if they're made with lean meat or pulses, and plenty of veg.

You may find your sweet tooth going into overdrive in the winter months, but try to avoid foods containing lots of sugar. They may give you a rush of energy, but it's one that wears off quickly.



DO YOU KNOW ABOUT SEASONAL AFFECTIVE DISORDER?

Seasonal affective disorder (SAD) is a type of depression that typically occurs each year during fall and winter. Use of a light therapy box can offer relief. But for some people, light therapy may be more effective when combined with another SAD treatment, such as an antidepressant or psychological counseling (psychotherapy).

Light therapy boxes for SAD treatment are also known as light boxes, bright light therapy boxes and phototherapy boxes. All light therapy boxes for SAD treatment are designed to do the same thing, but one may work better for you than another.

TALK TO YOUR DOCTOR FIRST.

It's best to talk with your health care provider about choosing and using a light therapy box. If you're experiencing both SAD and bipolar disorder, the advisability and timing of using a light box should be carefully reviewed with your doctor. Increasing exposure too fast or using the light box for too long each time may induce manic symptoms if you have bipolar disorder.

DID YOU KNOW...

YOU MAY FIND IT VERY DIFFICULT TO FALL ASLEEP IF THE TEMPERATURE OF YOUR ROOM IS TOO HIGH. IN ORDER TO FALL ASLEEP, OUR BODY TEMPERATURE HAS TO DECREASE SLIGHTLY AND IF THE ROOM IS TOO WARM IT CAN KEEP THIS FROM HAPPENING AND KEEP US FROM SLEEPING.



DO YOU NEED CPAP SUPPLIES?



Our local preferred supplier is located here in Toledo, Ohio. Positive Sleep Solutions is here to provide you with low prices, great service, and expert advice for all of your sleep therapy purchases. With over 25 years of experience with Sleep Medicine and Obstructive Sleep Apnea fields, our staff is able to help you make the best possible choices when it is time to purchase your necessary supplies.

Find them on the web at: www.positivesleepsolutions.com



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Accredited by the Academy of Sleep Medicine, The Regional Center for Sleep Medicine features a multidisciplinary team of physicians with expertise in sleep medicine. All of our sleep technologists are certified by the Board of Registered Polysomnographic Technologists (BRPT) or are board eligible. They observe sleep behavior and collect the data that will be analyzed to help diagnose your condition.