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# THE SOMNUS ODYSSEY

COMMUNITY EDITION

WELLNESS INSTITUTE FOR SLEEP & HEALTH NEWSLETTER



## TEEN SLEEP CRISIS

Concerned about your teen spending too much time on screens and wondering if it's affecting their sleep?

Is it nearly impossible to get your children out of bed and ready for school, especially when you know they haven't had enough sleep?

It's a common worry for many parents. Understanding the impact of insufficient sleep is crucial for both parents and the community.

Shockingly, 55% of car accidents involving teens and young adults are linked to drowsy driving, highlighting the serious consequences of inadequate rest. This resulted in **6,000** fatality accidents over the year.

Our teens juggle a myriad of responsibilities—from academics and extracurricular activities to part-time jobs and social lives—all while trying to ensure they get enough sleep. As parents and health professionals, it's essential that we stress the importance of quality sleep to help our teens perform at their best both academically and physically every day.

Teenagers aged 13–18 should be aiming for at least 8–10 hours of sleep every night, but let's face it, the reality is a grim tale of less than 7 hours nightly. On average digital media delays their sleep by an hour nightly along with causing disturbances to their sleep cycles.

As October comes to a close, an important awareness campaign **#DrowsyDrivingAwareness**, will be happening November 5–11th. Join us in amplifying the community voice to highlight the significance of our children's sleep. Let's collectively advocate for awareness and action, emphasizing the critical role sleep plays in the well-being and safety of our youth.

## SYNCWELL: SOCIAL JET LAG

*How your body needs to sleep vs. how you actually sleep.*

Often unnoticed, it's a product of work stress and erratic schedules, affecting over 70% of adults, stealthily robbing an hour of nightly sleep.

Beyond mere fatigue, it's associated with obesity, heart issues, and mood disorders. It is vital to illuminate this issue, and to proactively nurture a healthier, more vibrant community. Together, we synchronize for a healthier future.

## MINDFUL REST: NAVIGATING MENTAL HEALTH AND SLEEP

Recognizing the essential link between sleep and mental health is crucial, yet many individuals remain unaware. As the medical community increasingly acknowledges the patient's voice in treatment plans, they also understand the importance of educating the community with evidence-based practices.

Disturbances in sleep, nightmares, or night terrors may be early signals or contributors to mental health challenges like depression, anxiety, and mood disorders.

Incorporating sleep discussions into routine clinical evaluations offers valuable insights into an individual's overall well-being. It helps us identify potential risk factors for the entire spectrum to include: depression, anxiety, suicidal ideation, etc. This is especially relevant as we navigate the seasonal changes that can trigger conditions like the "winter blues".

As we enter fall and winter months the reduction in daylight can impact sleep patterns. This can manifest as prolonged or shortened sleep durations. Changes in our natural sleep rhythms can create a negative feedback loop potentially worsening mental health.

**Consider this:** 75% of individuals grappling with depression also face insomnia. This underscores the importance of addressing sleep issues in tandem with mental health concerns. Our REM sleep, a crucial phase in the sleep cycle, directly influences our mood and emotional responses throughout the day.

During REM cycles, our brain undergoes a process of decluttering, helping us process and consolidate memories from the day. Consistent insufficient REM sleep may compound issues not only physically, but also mentally. This commonly leads to memory impairment and exacerbating mental health conditions.

**How can patients activate their voice in taking control of their sleep:**

*(Continued)*

1. Maintaining consistent sleep times.
2. Eliminating screen time 1-2 hours before bed.
3. Addressing the sleep space to promote relaxation.
4. Managing stress in your daily lives.
5. Treating other medical conditions optimally.

## WISH'S CONNECTION NEWS

We are thrilled to announce the launch of our brand-new website!

At WISH, we've been working hard to create an online space that brings you closer to what matters most. Our new website is designed to provide you with a seamless and enriched experience, featuring an easy-access patient scheduling portal and your guides to sleep exploration.

To stay connected and receive updates, exclusive content, and important announcements, we invite you to sign up for our newsletter. Simply visit our [Contact](#) page to sign up. By doing so, you'll be the first to know about upcoming events, latest news, and exciting developments.

Don't miss out on the latest updates!

Take control of your sleep health with our new feature:

**DIRECTLY ORDER  
YOUR SLEEP STUDY TODAY!**

(Just call our office to get scheduled!)

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