

THE SOMNUS ODYSSEY

COMMUNITY EDITION

WELLNESS INSTITUTE FOR SLEEP & HEALTH NEWSLETTER



BEYOND CALORIES: OBESITY ON SLEEP

Obesity is a growing concern in Washington State, with 31.7% of adults classified as obese. This alarming statistic is even higher among minority populations, highlighting the need to address health disparities.

Sleep deprivation has been identified as a significant contributor to weight gain. For example, when we don't get enough sleep, our bodies produce more of the hunger hormone ghrelin and less of the fullness hormone leptin. This hormonal imbalance, among many others, leads to increased appetite and cravings, making it harder to maintain a healthy weight.

The relationship between sleep, nutrition, and obesity is complex. It is clear that promoting healthy sleep habits is crucial for preventing obesity and its associated health risks.

We can start by establishing regular sleep schedules and create a relaxing bedtime routine with sufficient sleep times for their ages. Adults should also prioritize good quality uninterrupted sleep each night.

In addition to promoting sleep, we need to make healthy lifestyle choices, such as eating a balanced diet and exercising regularly.

Tips to Promote Sleep and Prevent Obesity:

- Limit sugary drinks, processed foods, and unhealthy fats.
- Choose lean protein sources, whole grains, and plenty of fruits and vegetables.
- Engage in regular physical activity, aiming for at least 30 minutes of moderate-intensity exercise most days of the week.

These choices can help us manage our weight and reduce our risk of developing other chronic diseases. By addressing sleep deprivation and promoting healthy lifestyle choices, we can work towards a healthier and more resilient future for all Washingtonians.

SLEEP TRACKER CONCERNS

Did you know? It is possible to become fixated on sleep trackers and data, which can lead to drastic lifestyle changes for the purpose of achieving sleep goals.

This fixation can lead to an unhealthy obsession, impacting personal and social wellness.

Remember to stay aware and look out for concerning behavior. It is important to seek help to manage some of those obsessive thoughts or behaviors before they impact one's overall health. While we strive for perfection, we have to remember that moderation and balance are key.

SLEEP CLOCK SHUFFLE

The switch between daylight saving time (DST) and standard time (ST) twice a year isn't just about adjusting the clocks – it's tied to a range of health issues affecting our community. The transition to DST has been linked to significant sleep disruptions, worsened mental health conditions, struggles in academics and sports among adolescents, and, of course, the increased risks of drowsy driving.

Any abrupt change in our sleep-wake patterns, such as during the time change, can lead to problems like insomnia, daytime sleepiness, and impaired mental function. These can impact our daily lives productivity, mood, and overall well-being. The stress triggered by this shift doesn't just mess with our sleep quality; it also shortens how long we sleep, with serious consequences for both physical and mental health.

Inadequate sleep weakens our immune system, increases the risk of chronic diseases, and interrupts our cognitive functions like memory and decision-making. Less sleep also diminishes our coping mechanisms, leading to increased cortisol levels and a prolonged state of physiological and mental stress. This vicious cycle traps us in chronic survival state, making it tough to escape the sleep-stress-anxiety loop.

Luckily, solutions exist! This includes emphasizing exposure to early morning light, which can be achieved with external light sources, during the darkest months of the year. Secondly, exercise regulates our body's natural sleep-wake cycle, promoting better sleep. Considering cognitive-behavioral therapy (CBT) for insomnia is another effective option; it aids individuals in identifying and modifying anxiety and stress behaviors that impact sleep.

Many sleep professionals are advocating for permanent standard time. This move could eliminate the biannual shifts, reduce health risks and allow for

a more natural sleep-wake schedule, fostering better sleep quality and overall well-being.

It is crucial to recognize the multifaceted impacts of changing the clock on our health. We will continue to monitor developments in the field and keep you informed of strategies to address these challenges.

WISH'S CONNECTION NEWS

Join us for an insightful evening with Dr. Patel at the **Camas Public Library** on December 11th at 6 PM! We would love to see you there as we delve into common sleep issues and explore strategies for a restful night's sleep. Your presence will make the event even more enriching!

Discover valuable insights, tips, and solutions to enhance your sleep quality and overall well-being. Dr. Patel's expertise will provide a deeper understanding of the importance of healthy sleep habits.

Exciting news! WISH is now on **TikTok**, and we're bringing our expertise to our newest social media platform. Follow us for unique and engaging videos covering a variety of sleep-related topics. Stay connected, stay informed, and let's embark on this journey to better sleep together!

DECEMBER 11TH, 2023

Join us for the next
"Talking Sleep with Dr. Patel"

At 6 PM at the Camas Public Library

See you there!

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