

SLEEP: WHO NEEDS IT?

DISCUSSION LEADER'S OUTLINE

INTRODUCTION

Good morning my name is _____. Today we will be talking about sleep deficiency, the adverse effects, and strategies for sleep hygiene.

The **ground rules** for this discussion are:

- (1) No personal attacks on anyone's opinions
- (2) Allow each participant to express themselves
- (3) Make head calls at your leisure, just don't interrupt the group
- (4) Keep your language clean as not to offend others
- (5) PARTICIPATION BY ALL!!!!!!

Gain Attention

You PT 4 days a week with Sgt Sharpe who says he's motivated to stay in the Corps. He completed an alcohol treatment program a month ago; you ask how he's doing- he says he's fine but seems irritable and does not make eye contact. You know he spends a lot of time playing videogames, till the sun comes up on weekdays and on the weekends he is out at the bars late with buddies. He's been in the barracks with you for three months and is having trouble making car payments; sounds like his car will be repossessed. He mentioned trouble at work and also with his girlfriend, she complained often about his forgetfulness, negativity, and poor diet- eating mainly fast-food and at diners. He takes caffeine pills at the gym but his cardio is still poor. You wonder if you can help this Marine with any of his issues or if he's not meant for the Corps.

Key points for the discussion today will be:

- (1) Identifying sleep deficiency
- (2) Describing the adverse effects of sleep deficiency
- (3) Identifying strategies for sleep hygiene

Learning Objective: After this guided discussion, you will be able to identify signs of sleep deficiency which has adverse effects on total fitness. You'll be able to make healthy decisions related to sleep and rest, as well as intervene when others shows signs of poor sleep hygiene.

DISCUSSION

We will review aspects of the scenario and discuss relevant sleep-related facts.

KEY POINT 1

1. What are the issues? (Participants need to provide all the answers below.)

- a) Previous alcohol issues
- b) Irritability, forgetfulness, negativity
- c) Staying awake all night
- d) Work, relationship, and financial troubles
- e) Poor diet and cardio, use of caffeine pills
- f) Says he's motivated to stay in the Corps, you're not sure this is true

2. "Wear and tear" tends to cause stress injuries; it is characterized by lack of sleep, rest and restoration, and the accumulated effects of smaller stressors over time, such as from non-operational sources. Does Sgt Sharpe show signs of wear and tear?
3. You may already know that 7 to 9 hours of quality sleep a night makes us well rested. Some people can feel alert after less sleep while others need as much as ten hours. Continuous and uninterrupted sleep lets the body rest and brain actively recharge. This prepares us for alertness and peak functioning.
4. When we don't get adequate sleep, a sleep debt accumulates. The main sign of sleep debt is excessive daytime sleepiness, but other indicators include moodiness and poor memory or concentration.
5. What behaviors tip you off that Sgt Sharpe is experiencing sleep deficiency? (Participants need to provide all the answers below.)
 - a) Staying awake all night
 - b) Irritability, forgetfulness, negativity
 - c) Use of caffeine pills

Interim Summary: Sleep deficiency is a debt in the quantity or quality of sleep obtained vs. the amount needed for alertness and peak functioning the next day. Failing to get enough sleep can have a severe effect on your total fitness. We just finished discussing indicators of sleep deficiency.

KEY POINT 2

Let's talk about the adverse effects of sleep deficiency. (For each talking point, the discussion leader should ask participants to provide a few examples.)

1. Loss of just 1 to 2 hours of sleep per night over several nights impairs function. Sleep deficiency increases the risk of stress illness, negative mood and behavior, alcohol use, obesity, diabetes, high blood pressure, heart attack, kidney disease, and stroke, decreased productivity, problems completing a task, and unsafe actions.
2. Poor sleep habits inhibit muscle growth and repair, bone building, and fat burning. Insufficient sleep may also make it difficult to exercise. Some of these risks are visible and others take more time to identify.
3. If there is no change to Sgt Sharpe's behavior, what are the likely consequences? (Participants need to provide all the answers below.)
 - a) He may regress into a substance use disorder
 - b) His car may be repossessed and set him up for more financial trouble
 - c) Performance issues at work
 - d) Continued relationship issues
 - e) His poor nutrition may affect his fitness
 - f) Although participating in PT, he may not see positive results
 - g) Sgt Sharpe may not be picked up for reenlistment
4. Sleep deprivation (being awake for 17 to 19 hours) can have the same effects as being legally drunk: coordination, reaction time and judgment are impaired.
5. Lack of sleep can lead to microsleep, the involuntary moments of sleep occurring when you're typically awake. These effects of sleep deprivation lead to approximately 100,000 sleep-related

vehicle crashes each year and result in 1,500 deaths.

Interim Summary: We just discussed the adverse effects of sleep deficiency; let's talk about the causes of short-term sleeping difficulties and identifying strategies for sleep hygiene.

KEY POINT 3

(For each talking point, the discussion leader should ask participants to provide a few examples.)

1. Short-term sleeping trouble happens occasionally, such as waking up several times during the night, waking too early in the morning, or having a hard time going back to sleep. There are a variety of reasons for poor sleep. Sgt Sharpe is experiencing the number one cause for short-term sleeping difficulties, what is it?
 - a) Stress. He is experiencing stress from work, relationship, and financial troubles.
2. What life-style causes of short-term sleeping difficulties is Sgt Sharpe experiencing?
 - a) Poor nutrition and use of caffeine
 - b) Doing mentally intense activities right before or after getting into bed, like playing videogames
 - c) Following an irregular sleep schedule
3. There are several strategies for better sleep hygiene:
 - a) Go to bed at the same time every night to program your body for sleep.
 - b) Allow yourself one hour to unwind before bed. Don't do anything mentally active like play videogames.
 - c) Exercise, but not within a few hours of going to bed, and go outside to reset the body's sleeping and waking cycles.
 - d) Eat properly, it helps sleep.
 - e) Limit caffeine, tobacco and alcohol; stop at least 4 hours before you want to sleep. A cup of coffee or an energy drink can increase alertness, for the same reason too much keeps you awake.
 - f) Don't drink any liquids after 1800, if you wake up often to go to the bathroom.
 - g) Discuss with your doctor. Certain medications can be helpful and others may keep you awake if taken right before bed.
4. How can you start a conversation with a fellow Marine who shows signs of sleep deficiency?
 - a) Asking permission: "Can we talk about [insert behavior]?" or "Let's talk about how your [insert behavior] impacts your..."
 - b) Open-ended questions: Ask questions that can't be answered with a yes or no or simple response. "What's on your mind?" or "Tell me more about when this first began." Or "What happens when you behave that way?"
 - c) Making it okay: Let them know they are not the first person to go through the issue. "That is not unusual; many people will tell you it's hard to change that and might take a few tries."
 - d) Reflective listening: Hear what the person is saying and summarize it back to them. "It sounds like..." or "What I hear you saying..."
 - e) Change talk: Rather than telling people it's important to change, get the person to see it for him/herself. "What makes you think you need to change?" or "What will happen if you don't change?" or "What would be the benefit of changing your [insert behavior]?"
5. Will addressing the sleep deficiency help Sgt Sharpe with his other issues?
 - a) With proper sleep hygiene, healthier outcomes can be achieved.

SUMMARY/CONCLUSION

Today we discussed sleep deficiency which has adverse effects on total fitness. You now are equipped to recognize signs of sleep deficiency and causes of short-term sleeping difficulties. You're able to make healthy decisions related to sleep, and intervene when others shows signs of poor sleep hygiene.

Closing Statement:

Getting enough sleep is vital to total fitness and performance. Experiencing interrupted sleep and waking unrefreshed a few nights a week is common but one in three American adults (37%) are so sleepy during the day that it interferes with daily activities. Sleep deficiency increases the risk of stress illness, negative mood and behavior, alcohol use, obesity, diabetes, high blood pressure, heart attack, kidney disease, and stroke, decreased productivity, problems completing a task, and unsafe actions. Look out for the signs of sleep deficiency, make healthy decisions related to sleep, and intervene when others shows signs of poor sleep hygiene. Proper sleep hygiene can produce healthier outcomes.

END OF DISCUSSION

RESOURCES

1. National Sleep Foundation, How Sleep Works. Retrieved from <http://sleepfoundation.org/how-sleep-works>.
2. National Institutes of Health Department of Health and Human Services, Explore Sleep Deprivation and Deficiency. Retrieved from <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/>.
3. Combat Stress MCRP 6-11C
4. MCO 5351.1 Combat and Operational Stress Control Program
5. MAPIT Guide. Retrieved from http://bhlin.usmc-mccs.org/uploads/MAPIT_Guide.pdf.