



Sleep

6th Period Grammar and Writing

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Bedtime Habits

What Are Some Good Bedtime Habits?

It is always important to get a good night's rest so you can feel good in the morning, so make sure your habits before bed are good so you can get your rest. Exercise, reading and drinking water are all good bedtime habits. Some other good habits are sticking to a schedule, which will help your **circadian rhythm**, and trying to wind down in the evening. Stay away from bright light and work activities that will keep you awake. Instead, you should make your bedroom a relaxing and calm place, with dark lighting and no loud noises.

Circadian rhythm- a cycle your body goes through that tells you when it's time to be awake and when it's time to go to sleep, your "sleep cycle"



This man is not exhibiting good sleeping habits by being on his phone at night.

What Are Some Bad Bedtime Habits?

A couple of bad habits before you go to sleep are working, looking at screens and eating heavy meals. You should also not eat any snacks that are spicy. Do not go near bright lights either. They will mess with your circadian rhythm. If your room is loud and chaotic, try to make it calm and relaxing. Another bad habit is using your bed for non-sleep purposes. When you lie in bed to do late-night homework or texting, it actually makes it harder to sleep there. The best thing to do is to move your other activities elsewhere. One more bad habit may actually be sleeping with your dog. If your dog keeps you up during the night by moving or making noises, maybe it is for the best that your dog does not sleep on your bed anymore.

Sleep Stages

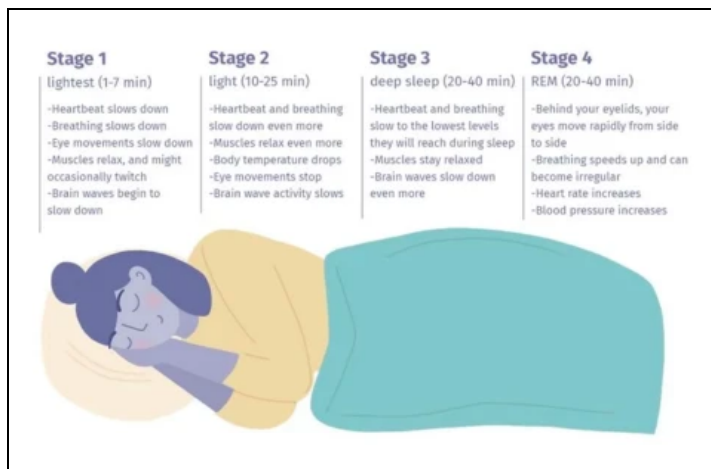
What Are The Stages Of Sleep?

There are four stages of falling asleep. Stage One, Stage Two, Stage Three, and REM sleep. Stages One, Two, and Three are non-REM sleep stages. Stage Four is the REM sleep stage. REM stands for rapid eye movement.

The sleep cycle is repeated. Every time that you go through each stage each stage gets a little longer.

What Do We Do During These Stages?

During Stage One, you change from wakefulness to sleep. During



This picture shows the stages of sleep and some of the things that happen to you during each stage.

this stage, your heartbeat, breathing, and eye movements slow. Your muscles relax with occasional twitches, and your brainwaves also slow. Stage One only lasts a few minutes. Stage Two is some light sleep before your deep sleep stage. Your breathing and your heartbeat slow. Your muscles will relax even more. Your eye movements stop, and your body temperature will decrease. Brain waves slow even more during Stage Two.

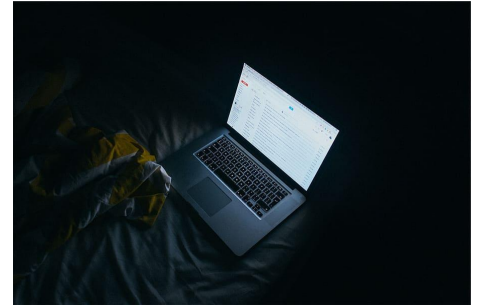
Stage Three is deep sleep. You need Stage Three to feel good in the morning. Your breathing and heartbeats slow to their lowest levels. Your brainwaves slow even more and your muscles are extremely relaxed. During this stage, it is very hard to wake someone up. The last stage of sleep is REM sleep. Your eyes move rapidly from side to side during this stage. Your brain waves become more active during this stage to wake you up. Your breathing will speed up and become irregular. Your heart rate and blood rate increase to near waking levels.

Screens Before You Sleep

Is It True Blue Light Keeps You Awake?

It is true, blue light does keep you awake. But it is not because the light is blue, any kind of bright light will keep you awake. The light tells your body it is day time and delays the release of **melatonin**.

Melatonin- a hormone released by your body around evening time until the morning that makes you sleep.



A bright screen at night

What About Night Mode?

Studies have shown that Night Mode is not very effective. It does not matter what color the light is, the brightness still tricks your brain to think it is day. In fact, yellow light emitted by some screens actually hurts you more than blue light. Overall, it is best to just turn off your screens about an hour before you go to bed.

Dreams

What Are Dreams?

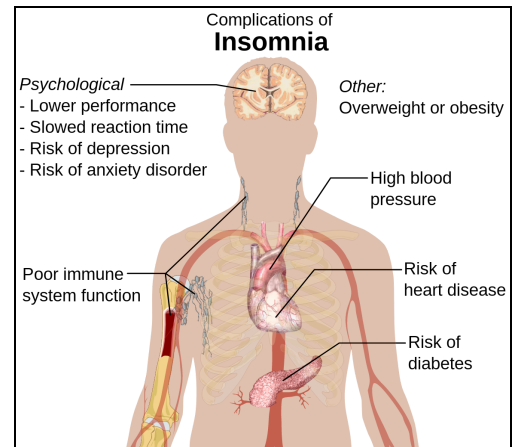
Dreams are thoughts that you experience in your sleep. People dream in REM sleep. They dream during this stage because during this stage you have increased brain activity, and you start thinking again. Your arm and leg muscles become paralyzed when you dream so that you do not act them out.

What Are Nightmares?

Insomnia-habitual sleeplessness; inability to sleep.

Nightmares are dreams that disturb or scare us. If you have recurrent nightmares you should get medical help because nightmares may

interfere with sleeping patterns, and that may cause **insomnia**. Insomnia can cause diseases such as diabetes and several heart diseases.



This chart shows some of the affects of insomnia.

Sleepy Movements

Is It True If You Move In Your Sleep You Are Upset?

Not necessarily. Scientists do not actually know why we move in our sleep, but they think it is a protective system. When your body has been lying in a position for too long, your nerves tell your brain to move yourself so you do not develop problems such as sores, stiffness and circulation cut-offs.



Various sleep positions

What Are Some Sleep Movement Disorders?

There are plenty of things that could disrupt your sleep, but could it be a disorder? Some disorders include PLMD, or periodic limb movement disorder, and RBD, or REM sleep behavior disorder. PLMD is when a person's lower limbs jerk or twitch during sleep. This can cause sleep deprivation or just

KLS, or Kleine-Levin Syndrome, is a rare and dangerous sleep disorder in which the person may sleep from 12-24 hours a day, only waking up to eat and use the restroom. While awake, the person may experience confusion, disorientation or hallucinations.

drowsiness from being awake at night. RBD is more serious. With RBD, the person acts out their dreams. This does not mean the person sleepwalks, though they can, but mostly sleep talking and screaming. Someone with RBD may also hit or kick while asleep. There is also sleep apnea, where a person has trouble breathing while asleep and can be found in uncomfortable positions their body makes as to breathe.

Sleepwalking

What Is Sleepwalking?

It is not true that people sleepwalk with their arms out and their eyes closed. People actually sleepwalk with their arms at their sides, and they have their eyes open so that they can see where they are going. Even though that their eyes are open they do not remember sleepwalking when they wake up.

Sleepwalking occurs during Stage Three of the sleep cycle. Sleepwalking is a condition when a partly awakened sleeper performs various physical activities. People who sleepwalk usually just sit up in their beds, or they stand near it. Some people who sleepwalk walk around, but it is very rare for a

sleepwalker to perform more complicated actions. Most sleepwalking is completely harmless. People barely ever get hurt while sleepwalking, but some people have bumped into things, fallen downstairs, and fallen out of windows. It does not harm someone at all to wake them up when they are sleepwalking.



This is a sleepwalking child.

Is Sleepwalking Common?

Sleepwalking is more common for younger children. Most people stop sleepwalking when they get into their teenage years. Sleepwalking is not very common for grownups. People usually sleepwalk when they are going through stressful times.

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