



accounts for 75% of each sleep session and **REM** (rapid eye movement) which accounts for the other 25%. **NREM** has 4 stages:

**Stage 1:** Light sleep - between being awake and falling asleep.

**Stage 2:** Onset of sleep – we disengage from our surroundings, heart beat and breathing are regular, and body temp drops, which makes sleeping in a cool room helpful.

**Stage 3 and 4:** Deepest and most restorative sleep, breathing slows, blood pressure drops, muscles relax. These stages are when tissue growth and repair occurs, energy is restored, and hormones are released.

**REM** happens approximately 90 mins after falling asleep, then reoccurs approximately every 90 mins after that:

- Brain and body are provided with energy
- Supports daytime performance
- Brain is active and dreams occur
- Eyes dart back and forth
- Body becomes immobile and relaxed, as muscles are turned off

So if you sleep for an average of 8hrs, which is 480mins, you will experience 4-5 cycles of REM during a sleep session. Working backwards from when you need to wake up, count back 8hrs. This will be the time to begin sleeping, entering stage 1. Having said this, some people state they cannot fall asleep easily. We know that it can be challenging at times to fall asleep, as soon as your head hits your pillow, so we recommend having a sleep routine, an established, regular, relaxing routine. You would do this routine, every time you sleep for 7-9hrs. Spending 15 min to 30mins on this routine is a good amount of time to allow for: reading a book, drinking some non-caffeinated tea, brushing your teeth, etc. This routine signals your body you are ready to sleep. Try to avoid emotionally upsetting conversations and activities before trying to go to sleep. Don't dwell on, or bring your problems to bed. Another helpful tip would be to write down all the thoughts for the next day, important items that need to get done. Then you can let go and relax, giving yourself to your bed.

### Finding the right amount

If you are unsure of what the right amount of sleep is for you, the National Sleep Foundation has a scale of the amount of sleep they recommend in all stages of life:

- **Newborns (0-3 months):** Sleep range narrowed to 14-17 hours each day (previously

it was 12-18)

- **Infants (4-11 months):** Sleep range widened two hours to 12-15 hours (previously it was 14-15)

- **Toddlers (1-2 yrs):** Sleep range widened by one hour to 11-14 hours (previously it was 12-14)

- **Preschoolers (3-5yrs):** Sleep range widened by one hour to 10-13 hours (previously it was 11-13)

- **School age children (6-13yrs):** Sleep range widened by one hour to 9-11 hours (previously it was 10-11)

- **Teenagers (14-17yrs):** Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)

- **Younger adults (18-25yrs):** Sleep range is 7-9 hours (new age category)

- **Adults (26-64yrs):** Sleep range did not change and remains 7-9 hours

- **Older adults (65+yrs):** Sleep range is 7-8 hours (new age category)

This list was updated by an expert panel of eighteen researchers and scientists who mulled over 300 relevant scientific publications and voted on the hours that would best suit a life in each of the mentioned stages. It can be found on [www.sleepfoundation.org](http://www.sleepfoundation.org).

### More benefits and tips

Similar to recharging your cell phone at night, you are recharging your body while you sleep, for the next day/night, depending on when you work. For instance, if you forget to charge your cell phone at night what happens the next day? You end up wasting more energy trying to find plug-ins for your phone to charge it up. So if you are not sleeping well, your life is on a constant "I can't, I am tired", or "Could we do it on the weekend, I am just so tired". The following are more tips to getting a good night's sleep:

- Associate your bed with sleep. It's not a good idea to use your bed to watch TV, listen to the radio, or read. It is for sleep and the other "S" word.
- Make sure that the sleep environment is pleasant and relaxing. The bed should be comfortable, the room should not be too hot or cold, or too bright.
- Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime. While alcohol is well known to speed the onset of sleep, it disrupts sleep in the second half as the body begins to metabolize the alcohol, causing awakening.

## Making sleep a priority for the rest of your life

By Stephanie Privratsky

### A new path forward

For most people this is the time of year they make changes to their daily routine for their overall health. Some choose to join/rejoin a gym or get back to cooking for themselves, so they can control calories. Some may buy a new pair of running shoes to get back out on the road or treadmill to release some stress and pounds. Still others may not know what they need to change first, to feel better in their daily lives, and it gets to be very overwhelming. The good news is that people who change just one thing at a time are more likely to reach their chosen goals. Your sleep team at **Winmar Sleep Wellness Center** would like to suggest one, prioritizing your sleep. Why you ask? Think of sleep as similar to your home's foundation. If the foundation is not solid, your home starts to have issues. Similarly, if we cannot sleep well, we start having issues, in our relationships, work, and life starts to seem more challenging than need be.

### Sleep is our foundation

Being that sleep is vital to our existence and the foundation of our lives, we at Winmar advocate the benefits of sleep. If you are having issues with sleep it is best to start a conversation with your doctor. They may order a sleep study, if needed, to determine what is happening while you sleep. So that is where we come into the picture. We come to area medical facilities close to your home and perform sleep studies. You may have already experienced a sleep study, so you may be familiar with the next information, but if not, it's a primer on what happens while we sleep and how our bodies benefit from it. Sleep is made up of two states: **NREM** (Non-rapid eye movement) which

## More benefits and tips conti.

- Food can be disruptive right before sleep; stay away from large meals or spicy dishes. Also, dietary changes can cause sleep problems, so if you are struggling with sleep, it is best to stick with known foods until you are sleeping well again.
- Keep napping to no more than 20 mins; longer can disturb the normal pattern of sleep. Also, make sure it is not too close to your bedtime.
- Ensure adequate exposure to natural light. This is particularly important for older people who may not venture outside as often as they would like. Light exposure helps maintain a healthy sleep-wake cycle.
- Exercise can promote good sleep. Vigorous exercise should be taken in the morning or late afternoon. A relaxing exercise, like yoga, can be done before bed to help initiate a restful night's sleep.
- If you have tried the suggestions above already, and just are not seeing the results you want, The National Sleep Foundation has a sleep diary you could use to isolate your issue(s) and assist you in your next visit with your doctor: <https://sleepfoundation.org/sites/default/files/SleepDiaryv6.pdf> ❖

## Traveling with your therapy equipment

CPAP, BiPAP, or BiPAP/ASV treatment does not need to interfere with your lifestyle.

Whether traveling domestically or internationally, you can be awake for all the adventures by traveling with your treatment device. It will be different, but with a little planning, it can be successful. Bob Stanton wrote an article for *Sleep Review Magazine* titled "Traveling with CPAP-Yes, You Can" which was published on 07.29.2016. At the time of the article, Bob had been a long-haul truck driver and had been traveling with his CPAP for 14 years. We will give you a few tips here in this newsletter and you can read Bob's entire article on the link below. He has solutions for cold weather, high altitude, and running a CPAP from a vehicle's battery, for example:

<http://www.sleepreviewmag.com/2016/07/traveling-cpap-yes>

## Flying with your equipment

CPAP, BiPAP, and BiPAP/ASVs are medical devices. Most airlines have made it exempt

from carry-on baggage restrictions. That means you can carry it in its case in addition to your regular carry-on allowance.

- It is not advisable to put your equipment in your checked bag which goes under the plane, because it could go missing.
- Have a copy of your CPAP prescription with you, just in case. With changing airline regulations, it is always good to check directly with the airline you plan to fly on so there are no surprises at the airport.
- As you go through screening/security, TSA agents may have you open your CPAP bag and remove the machine for scanning, so it is good to put things in clear plastic bags so they stay clean.
- Depending on where you are going: Domestic or international, if you use humidification, check to see if they will have distilled water available where you are staying. You can put distilled water in your checked bag, but make sure it doesn't make your bag exceed the weight limit per bag. You will be using it up during your trip, so you will not have the same amount of water on the way home. Tap water should **never** be used in your humidifier. If nothing else, bottled water could be used, if distilled is not available. Also, some clients choose not to use humidification with their therapy, during their trip, just to avoid the distilled water challenge all together. If you are using a travel agent for your trip, they can help you with your specific requests like distilled water access, etc.
- Bring surge protectors and an extension cord with to ensure you can get your equipment close to you where you will be sleeping.
- If you have any questions, please give us a call at **1.800.962.8145**.

## Transcend® sleep apnea therapy system

This system could be a great alternative to your current CPAP machine, whether you are traveling close to home or afar. This CPAP machine is as small as a pop can and weighs less than 1lb. It has portable power options like a solar charger or multi-night batteries which are an additional investment. We have information about this unit on our website: [www.sleepwellnessnd.com](http://www.sleepwellnessnd.com), scroll to the bottom of the page and click on "In-Store Products" or call 1.800.962.8145 to speak to one of our clinicians. The unit's website is: [www.MyTranscend.com](http://www.MyTranscend.com). ❖

## Equipment cleaning

Proper care and maintenance of your treatment equipment is critical to ensuring that your sleep therapy is effective and efficient. Also, understand that improperly

carrying for your equipment could void your warranty. The following is the recommended cleaning schedule.

## General cleaning tips

- For best results, use plain dish soap (Like blue colored Dawn®) that has no scent, etc. 1-2 drops of soap per gallon of water is sufficient.
- Avoid using antibacterial or skin softening soaps; they will reduce the life expectancy of your mask and supplies.
- Rinse your supplies thoroughly and allow them to air dry on a clean towel.

## Daily Cleaning

- Wash your mask frame, seal, and forehead cushions. Disconnect your tubing from the mask and humidifier chamber and hang it over a closet door (Do not hang in bathroom due to high humidity) to dry. Also, remove the humidifier chamber and discard any remaining water, then wash the chamber.

## Weekly Cleaning

- Wash tubing and rinse thoroughly with fresh tap water. Hang to dry.
- Wash your headgear.
- Wash reusable filters (non-disposable).
- Check to see if disposable filters are dirty or discolored, if so replace it.

## SoClean® automated CPAP equipment cleaner

An easier, more effective way to clean your therapy equipment. Using activated oxygen it destroys 99.9% of bacteria, molds & viruses. No water, chemicals, or equipment disassembly needed. We have information about this unit on our website:

[www.sleepwellnessnd.com](http://www.sleepwellnessnd.com), scroll to the bottom of the page and click on "In-Store Products" or call 1.800.962.8145 to speak to one of our clinicians. Insurance does not cover this equip. [www.TrySoClean.com](http://www.TrySoClean.com)

## Sleep Wellness Center

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Toll Free 800-962-8145

**Summer Hours: May 26 – Sept. 1, 2017**  
Mon-Thurs: 8am -5pm, Fri: 8am – Noon

**NEW GRAND FORKS Location in the Turning Point Health and Wellness Bldg.:**  
2424 32 Ave. S, Ste. 101A | Grand Forks, ND  
58201 | Phone 701-746-7378 |  
Toll Free 800-962-8145 |  
Fax 701-746-7388

**Summer Hours: May 26 – Sept. 1, 2017**  
Mon-Thurs: 8:30am -5pm, Fri: 8:30am – Noon