

**Are you
confusing
sleep
deprivation
with
burnout?**

Burnout
EXPERT PODCAST



Quoted by Sara Mednick PhD - Take a Nap Change Your Life

Heart attacks go up in those who **slept less than 7 hours a night**.

Those with **5 hours** had a **higher rate of coronary artery disease and heart attacks**.

Immune system suffers.

Risk of cancer increases.

Mental health links sleeplessness to anger, irritability, anxiousness and depression.

Stress and sleep deprivation are pretty much aligned. There is a **chance we are confusing them both**.

WHY **EMOTIONS CHANGE** WITH SLEEP

Study – **Monogamous couples** where both parties felt they had a good, **healthy**, stable **relationship**

Tested – what **sleep deprivation** did to their **relationship**.

One person got their **regular amount of sleep**, the **other 2 hours less**.

The next day they got to go on a date together, with no responsibilities and all activities paid for.

Conclusion – **BOTH** partners **rated** the other as **performing below average**.

Not getting into a good quality sleep your:

- ➡ **Motivation, determination, will-power, and many other human behaviors are limited because your cognitive ability decreases.**
- ➡ **Body and mind can't heal, repair and regenerate, setting off a cascade of physical and mental issues.**

WHY SLEEP IS SO IMPORTANT

- ➡ **Brain heals,**
- ➡ **Realign your nervous system,**
- ➡ **Heal muscles,**
- ➡ **Nerves and organs,**
- ➡ **Balance blood sugars,**
- ➡ **Testosterone,**
- ➡ **Estrogen,**
- ➡ **Cortisol,**
- ➡ **Cholesterol and other hormones,**
- ➡ **Detoxes**
- ➡ **Regulates moods,**
- ➡ **Recharges your battery,**
- ➡ **Remembers physical and mental learnings**
- ➡ **And more....**

If you don't sleep well, then **you cannot appropriately categorize events.**

Depriving yourself of 2 hours of sleep leads to a performance decline on par with a blood alcohol level of .05%.

If this person is **sleep deprived 2 hrs a night for 11 nights in a row**, their performance decline (compared to their ideal “sleep adapted” self) is on par with a **blood alcohol level of approximately .08% – 0.1%**

Being drunk doesn't correlate with knowing you are drunk.

Dr. Kirk Parsley M.D

Video - Driver sleep deprived over 3 days has 25 min of microsleeps in 2 hour drive.

<https://youtu.be/haTApXretfg>

A **sleepy stressed out brain** decreases productivity by 30%
when **6 hrs** of sleep is your **norm**.

Which explains why your to-do list never gets done.



Def'n: **Chronic Sleep Deprivation**

A sleep has less than 7–9 hours that persists for three months or longer.

How many hours you get
on average each night?

Is it a solid 7–8 hrs where you
wake up with energy to start
your day? Every day off and
most of your shifts?

If not, then you are sleep
deprived.



**SLEEP CAN MAKE A HUGE DIFFERENCE
IN GETTING YOUR FAMILY LIFE BACK ON TRACK.**



SLEEP DEBT

Sleep is just like spending money. Eventually you have to pay it back.

We need about **7.5–8 hrs of sleep** at night.

6hrs of sleep = a sleep debt of about 2 hrs.

4–5 hours of sleep = 3–4 hours you are losing to repair your body physically and mentally.

How sleep deprivation can **affect your relationships**

- ➡ **On the job with administrators or if you are an administrator**
- ➡ **As a training instructor**
- ➡ **With colleagues**
- ➡ **On calls with civilians**
- ➡ **With your kids, parents, friends....**

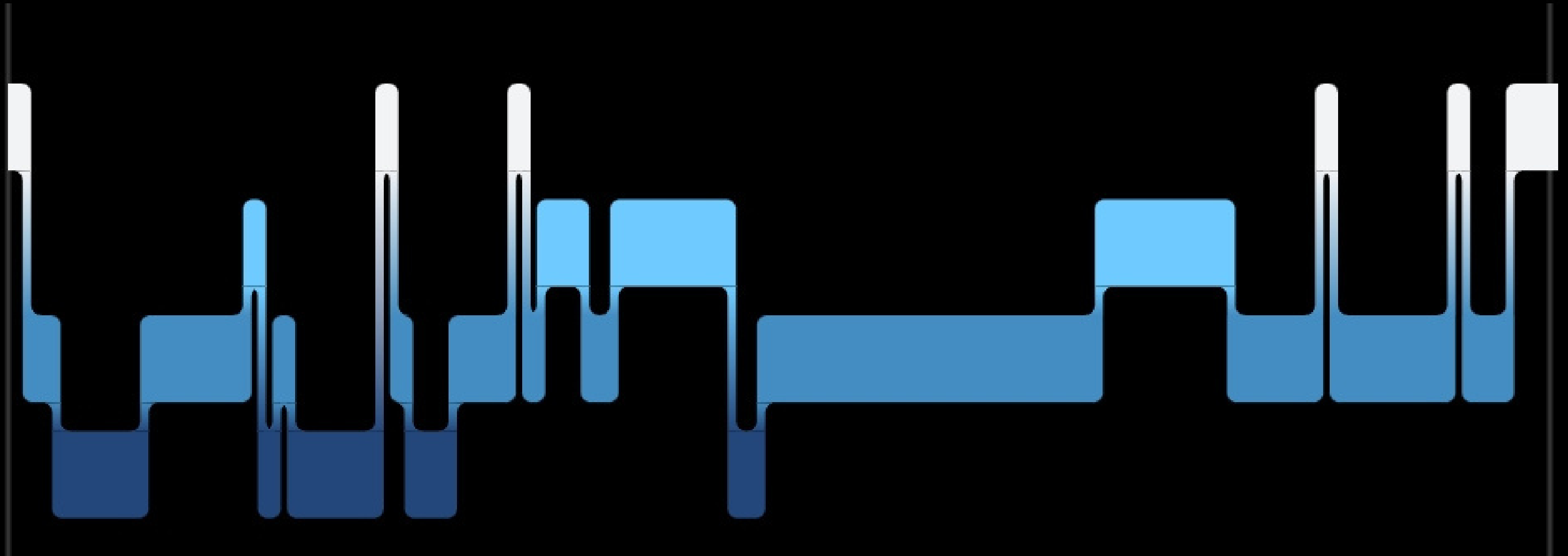
When Sleep Deprivation Occurs We May Experience

- ➡ **Thinking you are pushing hard each and every day but others see that your ambitions have decreased.**
- ➡ **Stop going for promotions**
- ➡ **Stop Working on projects that had meaning to you.**
- ➡ **You plan less and less with your kids and spouse at home.**
- ➡ **Date nights become a thing of the past.**
- ➡ **May start working more to avoid being home.**

WHAT YOU CAN CONTROL - SLEEP QUALITY & DEBT

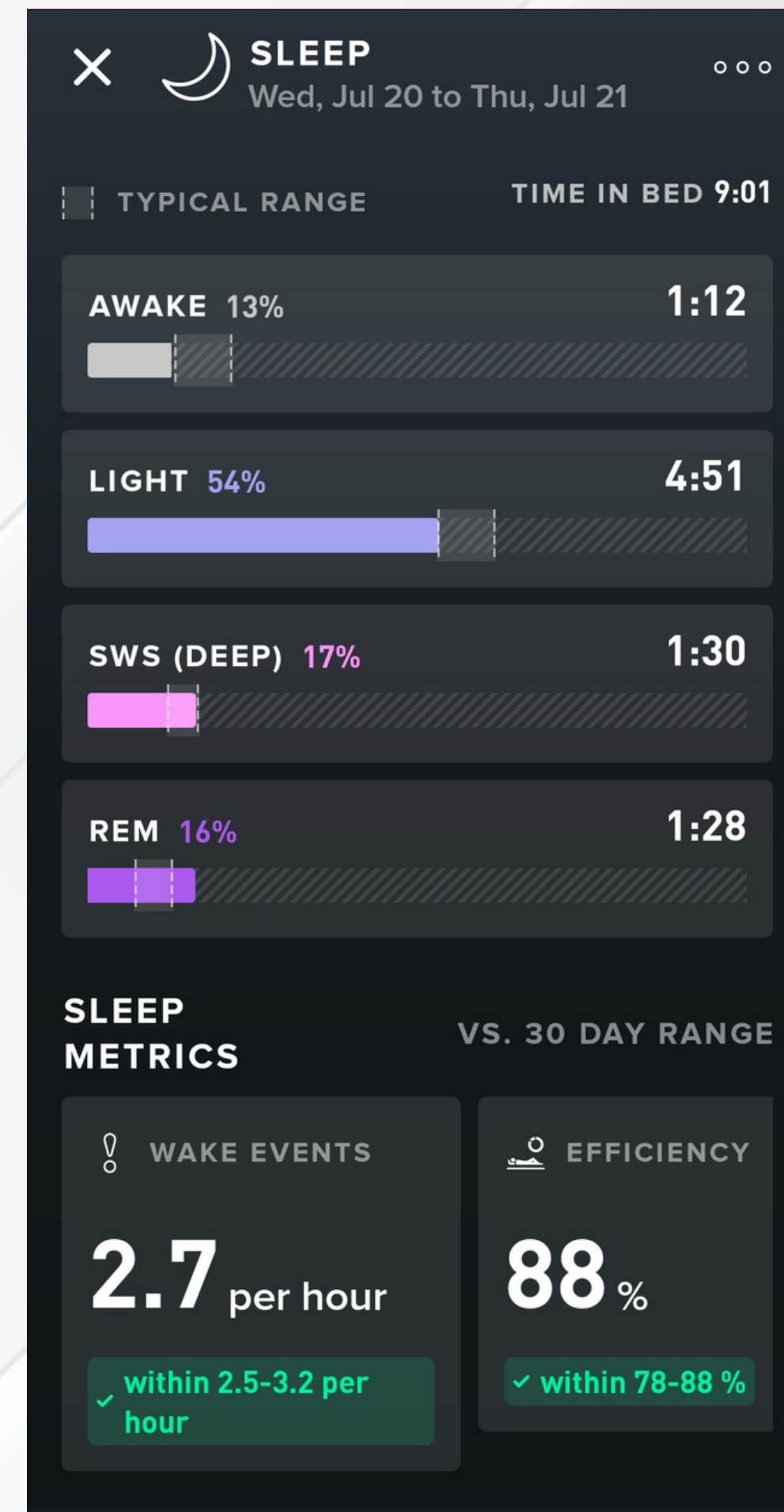
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Total duration 8 h 41 min



4 SLEEP STAGES

- ➡ **Active/Awake**
- ➡ **Light**
- ➡ **Deep/SWS**
- ➡ **REM**



STAGE 1 & 2 - LIGHT SLEEP

Stage 1 – Quick at the start of your sleep

Stage 2 – More than half of our sleep time.

- Increases your alertness when awake.
- Increases your alertness when awake.

In stage 2, many parts of your brain **relax** affecting your:

- ➔ **Breathing**
- ➔ **HR**
- ➔ **Reflex response**
- ➔ **Neuromotor aspects of speech**
- ➔ **Language**
- ➔ **Abstract reasoning**
- ➔ **Planning**
- ➔ **Problem solving**
- ➔ **Social interactions**
- ➔ **And override certain automatic responses for newly learned ones**

DEEP/SWS SLEEP

Healing Repairing, Restorative Sleep

Think of Deep as your **Body healing**.

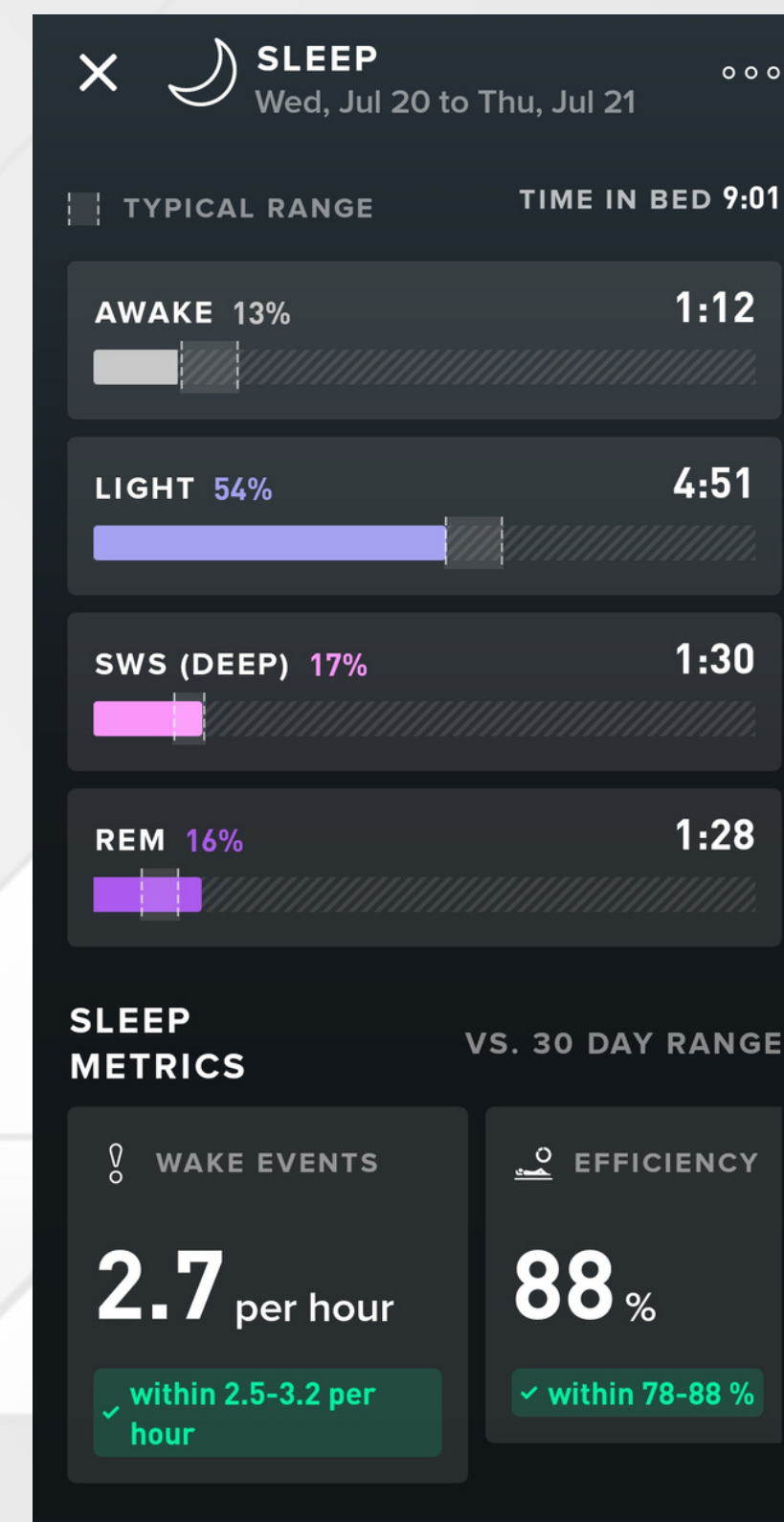
Deep should be up to **20% of your total sleep time**

REM sleep 1 h 11 min, 19%

Deep sleep 1 h 7 min, 18%

REM sleep 1 h 15 min, 18%

Deep sleep 1 h 0 min, 14%



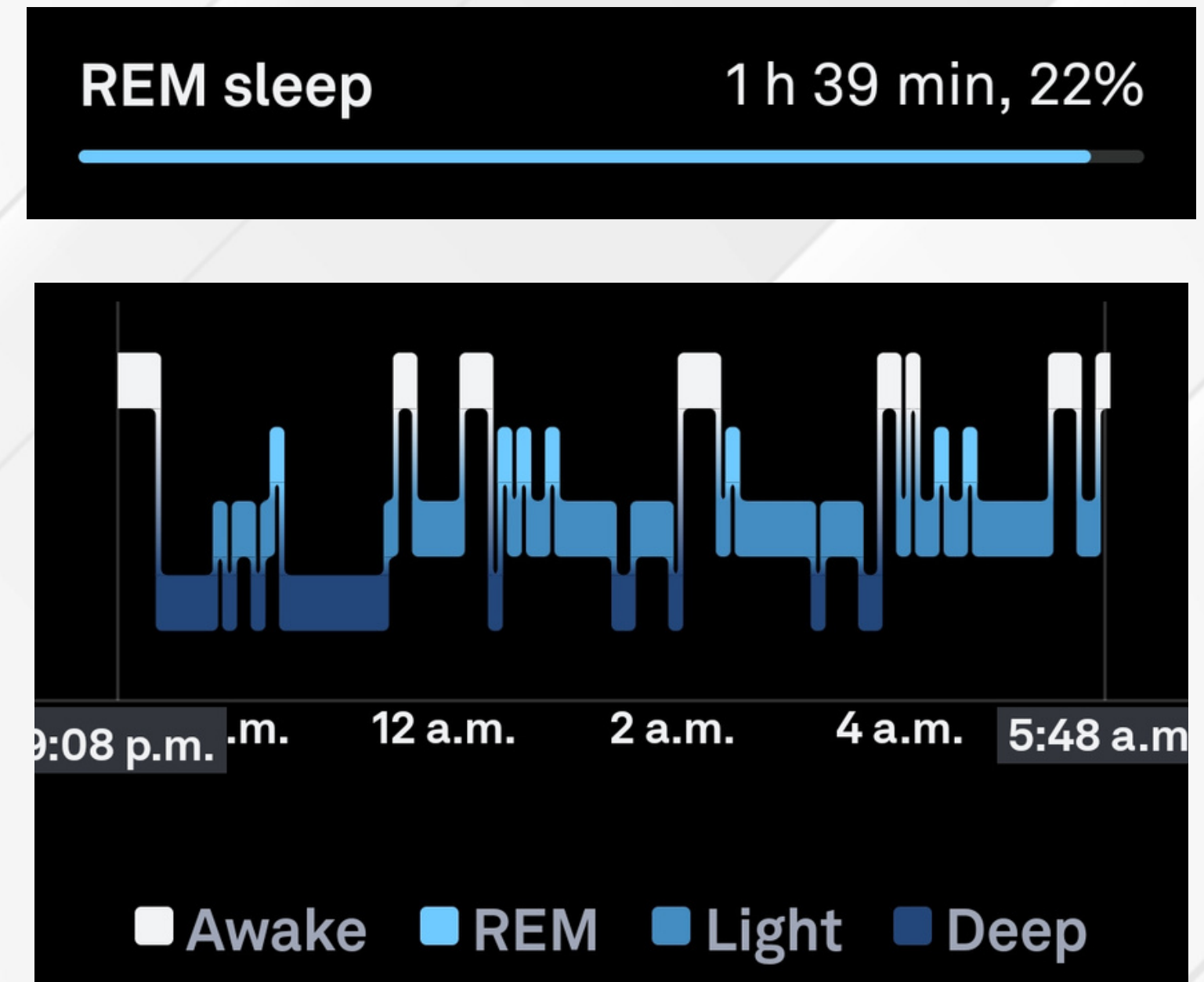
REM SLEEP

Creative processing, big picture thinking, problem solving

Think of REM as **sleep for your mind.**

90 min is a good REM sleep

On average - **20- 25%** of total sleep time

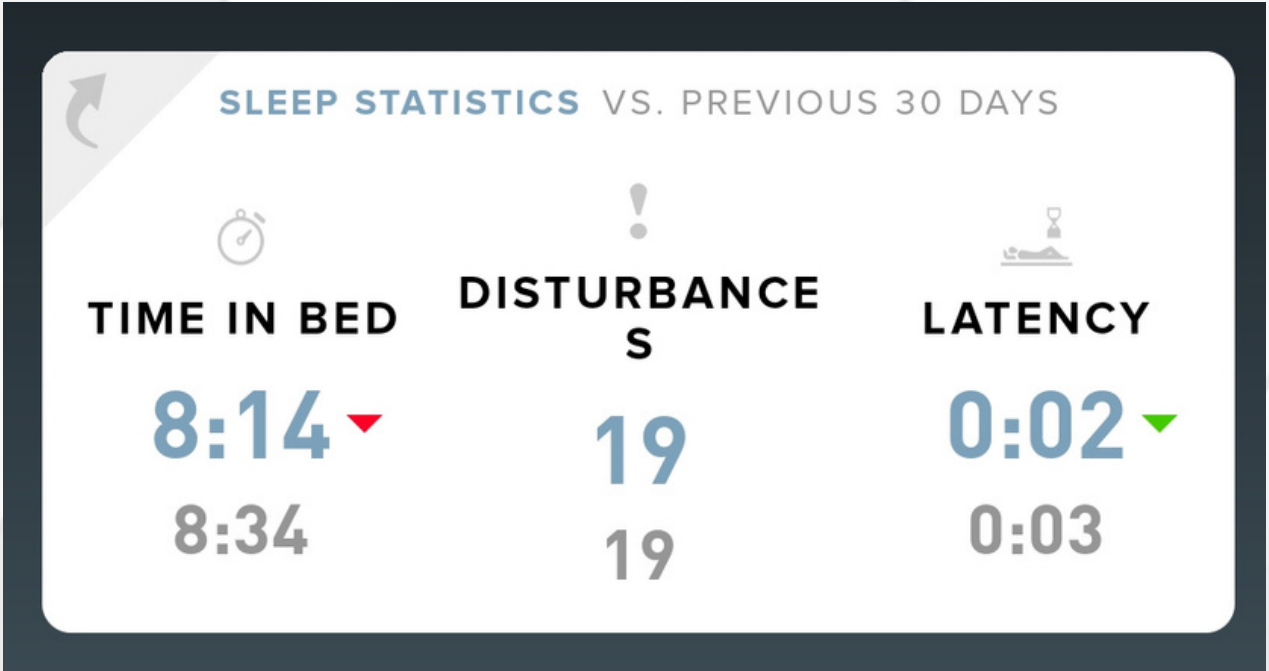
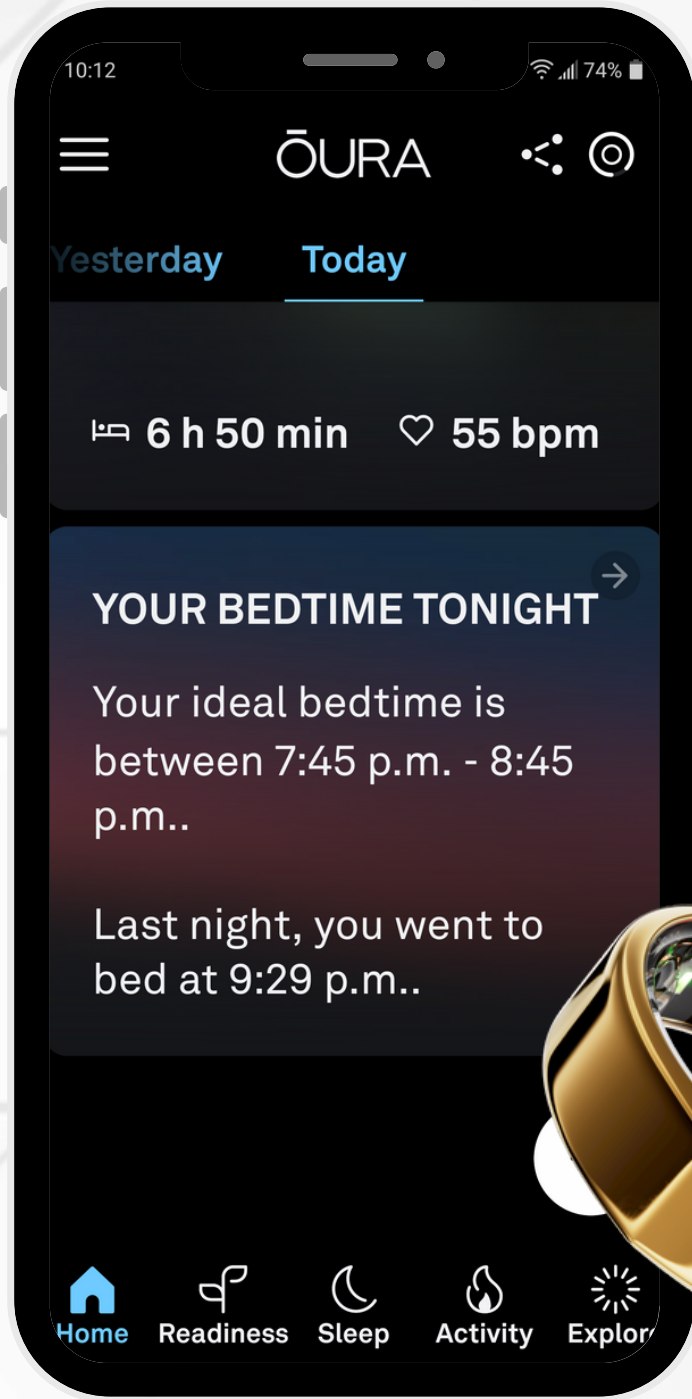
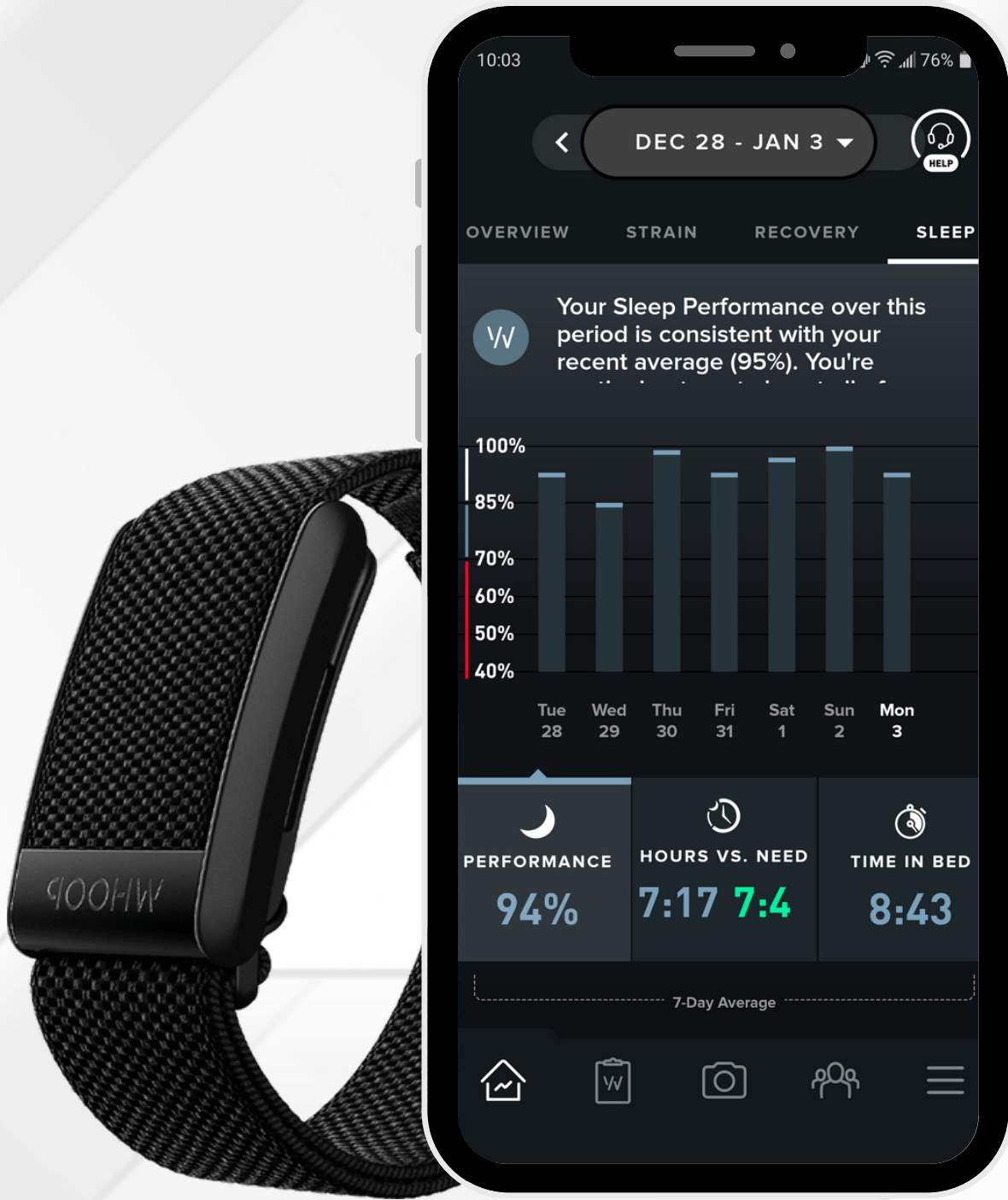


LATENCY

- Time it takes to fall asleep

5 – 20 min is good

Less or more means you are sleep deprived



CONSEQUENCES OF NOT ENOUGH DEEP OR REM SLEEP

- ➡ **Body and mind can't heal and stay strong through your career**
- ➡ **Increase risk of mistakes on the job**
- ➡ **Increased use of excessive force, mood irregularities**
- ➡ **Decrease in memory**

ALL BURNOUT SYMPTOMS

Even...Increased risk of Ethical Mistakes & Suicide

ACTION STEPS

- 1. Look at your Deep and Rem sleep patterns.**
- 2. What percentage of Deep and REM do you get at night?**
- 3. How many times are you waking in your sleep?**
- 4. Post your answers in the Free Members Group.**