

Question and Answer – Project 1

- 1. Question:** Are naps during the day, okay? Do they count towards the 7 hours I need?

Answer:

Yes. The best naps are 10 to 30 minutes and benefits include reduced fatigue, improved mood, reduced levels of stress, increased alertness, lower blood pressure, improved productivity and performance, better memory and improved learning ability.

- 2. Question:** What are the different cycles of sleep?

Answer:

-NREM stage 1. During this stage your brain slows down, your heartbeat and breathing slows and your body relaxes.

-NREM stage 2. This is where you become less aware of your surroundings, your body temperature drops and your breathing and heart rate become more regular

-NREM Stage 3. In this stage, your muscles are completely relaxed, your blood pressure drops and breathing slows and you progress into your deepest sleep.

-Last stage is called REM Sleep. This is when your breathing is faster, your eyes move rapidly, and you dream.

- 3. Question:** Is snoring a bad thing?

Answer:

Occasional snoring due to a cold is usually harmless. Very Loud and frequent snoring can be a sign of sleep apnea which is a serious disorder. Long term snoring could increase the risk of health problems such as lower blood oxygen levels.

- 4. Question:** How Exactly does the body heal itself at night?

Answer: Hormone levels increase at nighttime, making you feel sleepy. While you're sleeping, your pituitary gland releases growth hormones which help your body grow and repair itself.

- 5. Question:** How is lack of sleep correlated to low sex drive?

Answer: Sleep deprivation has been associated with reduced sexual desire and arousal in women and lower testosterone levels in men.

- 6. Question:** What are the different types of sleep disorders and what can we do to prevent them?

Answer: The different types of sleep disorders are Insomnia, Sleep Apnea, Narcolepsy, Restless Leg Syndrome and REM Sleep Behavior Disorder.

- 7. Question:** Are there foods that can assist with sleep?

Answer: Yes, lean protein, heart healthy fats, foods high in magnesium and sleep-inducing snacks.

- 8. Question:** What are things I can avoid to help me sleep better?

Answer: You can avoid processed foods, alcohol, spicy foods and fatty foods.

9. Question: How can I get back on track with my sleep schedule?

Answer: There are several things you can do such as Meditation, practice relaxation, skip naps, and get daily exercise.

10. Question: What if I oversleep all of the time?

Answer: Oversleeping has been linked to a host of medical problems, including diabetes, heart disease and increased risk of death.