

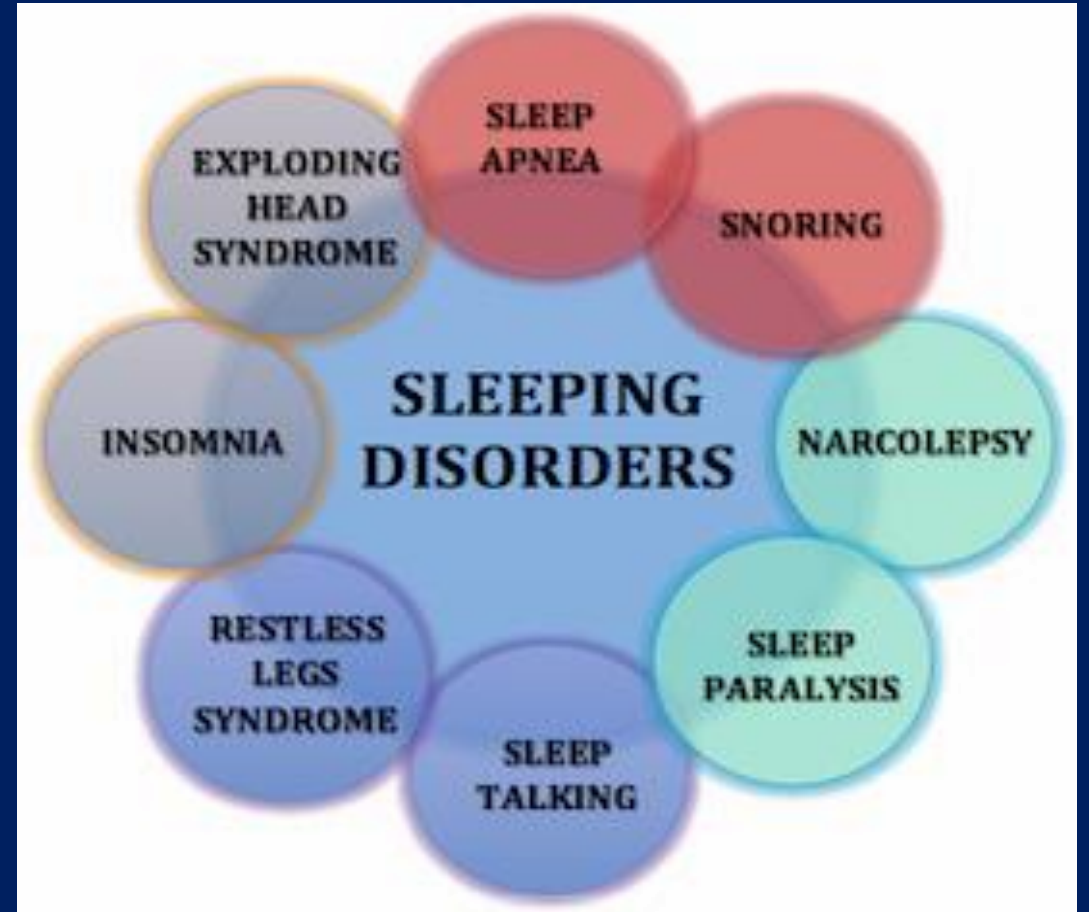
Sleep Health and Healthy Lifestyles



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Sleep Disorders

- Sleep medicine has defined itself in terms of sleep disorders
- Biomedical model of diagnosis and treatment
- Example: Sleep apnea – CPAP treatment



Sleep Health

“Although it is important to identify and treat sleep disorders and deficits, sleep health is not simply their absence.”



Sleep Health: A Multi-dimensional construct

RU SATED

- **R**egularity
- **S**atisfaction
- **A**lertness
- **T**iming
- **E**fficiency/Continuity
- **D**uration

PERSPECTIVE

<http://dx.doi.org/10.5665/sleep.3298>

Sleep Health: Can We Define It? Does It Matter?

Daniel J. Buysse, MD

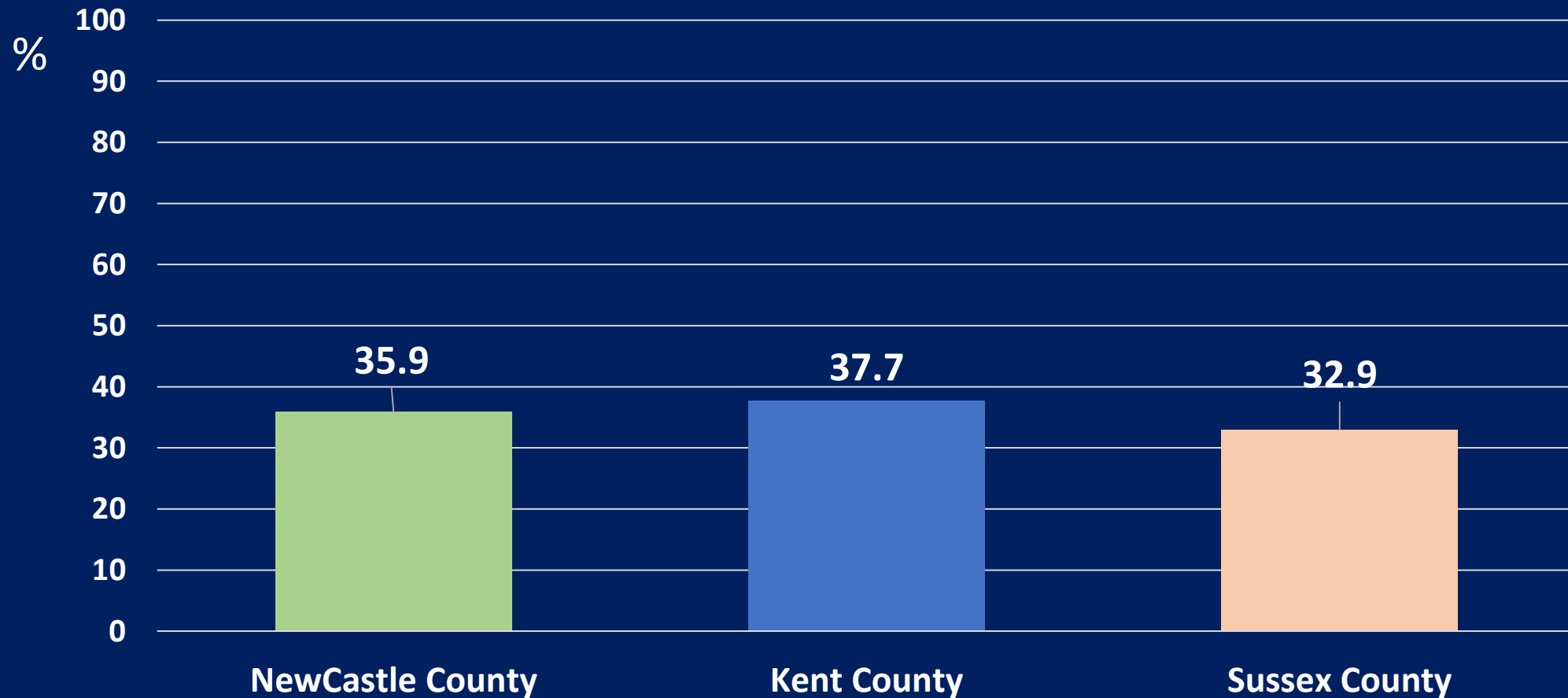
Sleep Medicine Institute and Department of Psychiatry, School of Medicine, University of Pittsburgh, Pittsburgh, PA

Good sleep is essential to good health. Yet for most of its history, sleep medicine has focused on the definition, identification, and treatment of sleep problems. *Sleep health* is a term that is infrequently used and even less frequently defined. It is time for us to change this. Indeed, pressures in the

Sleep Duration Recommendations



~One Third of Adults in Delaware do Not Get Enough Sleep (<7h)



Sleep Health is now recognized as being as important as exercise, diet, and smoking to cardiovascular health



Sleep as an 'Upstream' Factor



N=63 generally healthy adults
Ages 18-45 years; 65% female



Daytime



Photo-assisted **diet records** for timing, quality, quantity of food intake

Waist actigraphy for physical activity and sedentary behavior

Nighttime



Wrist actigraphy for timing and duration of sleep

Nighttime



More sleep →

Next Day

Shorter eating window;
less sedentary behavior



Later sleep →

Later eating; poorer diet
quality; less caloric intake;
less physical activity

Daytime



Later eating →

Upcoming Night

Later sleep



More sedentary →

Less sleep; later
sleep

- Findings underscore the complex interrelatedness between sleep, eating, physical activity, and sedentary behaviors in free-living young adults
- Sleep generally exerts a greater influence on next-day behaviors, rather than vice versa

As a Society, we are no longer set-up for Healthy Sleep



amazon



**social organization
where time
constraints are no
more**

Changing Mindsets

- Sleep is important to good health
- Social and environmental factors matter to healthy sleep

