



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171

Webinar ID: 944 5140 2166



Rise and Shine: Sleep Health

Presented by: Lora Maloof-Miller, MPH

Webinar host: Kristen Kaila, MPH

Las dispositivos están disponibles en español si las solicita.

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

Overview

- Why Sleep Matters
- The Sleep Cycle
- Consequences of poor sleep
- Behavioral & environmental factors
- A sleep-friendly bedroom
- Bedtime Routine
- Sleep issues



What percent of adults are getting 6 hours or less of sleep each night?

10%

20%

30%

50%

Sleep Matters

Sleep is one of the most important things you can do for your health.

- Improved brain performance, mood and health
- Your brain is still working
- Time to cleanse and repair
- Maintain weight
- Formation of memories

The Sleep Cycle

There are 3 non-rapid eye movement stage. (N1, N2, N3)

There is 1 rapid eye movement stage. (REM)

We go through 4-6 sleep cycles per night.

Each stage plays a role in how rested we feel.

Sleep hygiene can help us move through each sleep cycle.



Lack of sleep is linked to which of the following?

A. Car accidents

B. Industrial disasters

C. Medical errors

D. Errors at work

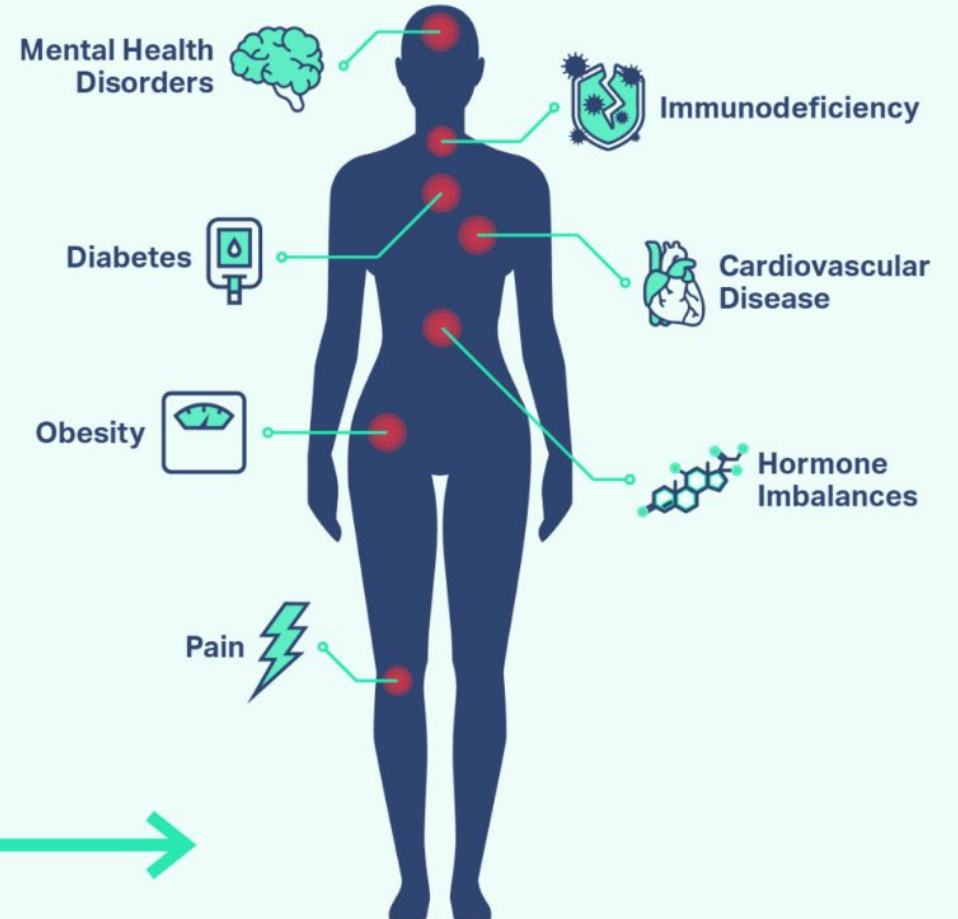
E. All of the above

Consequences of Poor Sleep

Sleep plays a significant role in **almost every system of the body.**

Insufficient sleep **increases risks** in all of these systems.

Consequences of sleep deprivation include the following:



Questions to think about

How disruptive is your sleep? (not disruptive to highly disruptive)

How long have you been experiencing poor sleep quality?

On average, how many hours of sleep do you get per night?

Do you drink caffeinated beverages in the afternoon?

How often do you consume alcohol before bed?

How often do you have trouble falling asleep?

How often do you have trouble staying asleep?

What is your stress level?

How often do you struggle staying awake throughout the day?

How old is your mattress and your pillow?



You need
the same
amount of
sleep
throughout
your
lifespan?

True

False

How much sleep do we need?

Age group	Recommended amount of sleep
Infants 4 months to 12 months	12 to 16 hours per 24 hours, including naps
1 to 2 years	11 to 14 hours per 24 hours, including naps
3 to 5 years	10 to 13 hours per 24 hours, including naps
6 to 12 years	9 to 12 hours per 24 hours
13 to 18 years	8 to 10 hours per 24 hours
Adults	7 or more hours a night

Behavioral Habits that Affect Sleep Quality

Drinking
alcohol
before bed
will help
you sleep
better?

True

False

Alcohol Consumption and Sleep

Will a Small Amount of Alcohol Affect My Sleep?



Low amounts of alcohol decreased sleep quality by **9.3%**

Less than 2 drinks for men and less than 1 drink for women



Moderate amounts of alcohol decreased sleep quality by **24%**

Approximately 2 drinks for men and 1 drink for women



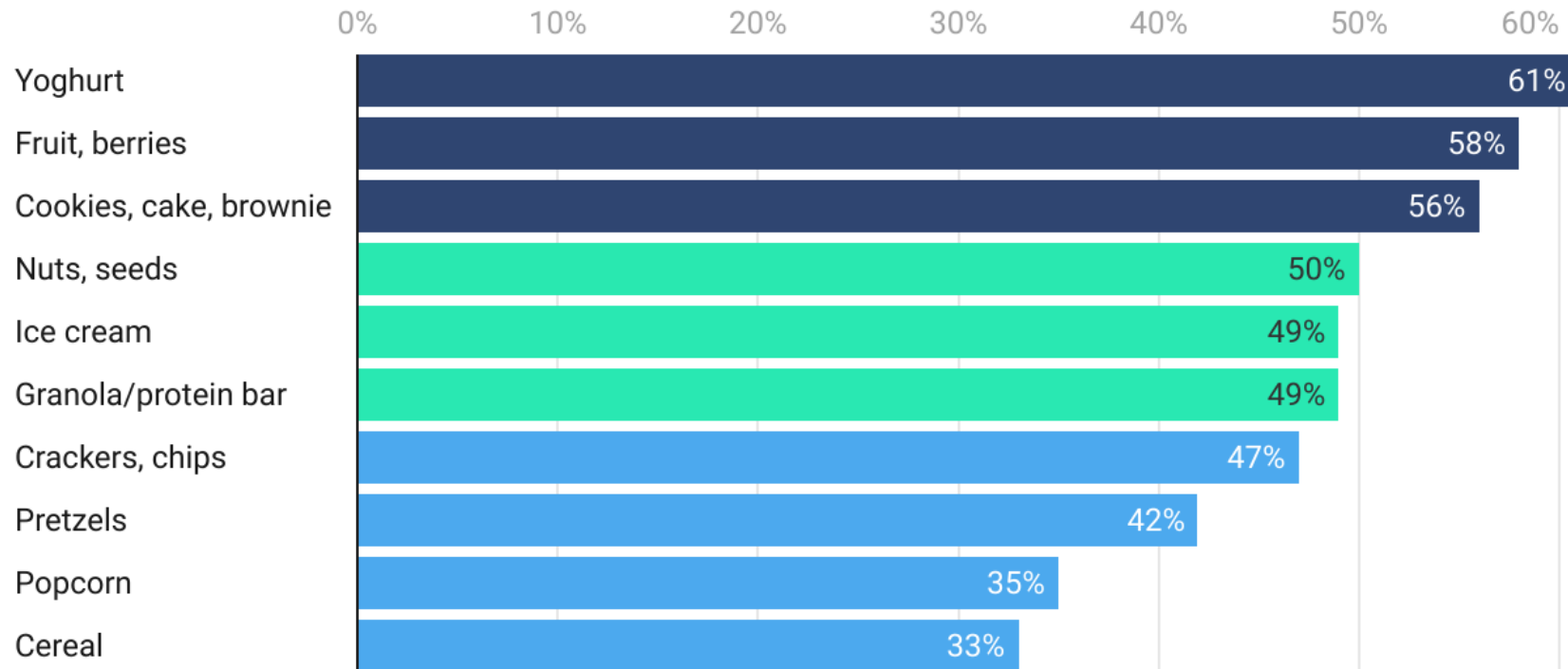
High amounts of alcohol decreased sleep quality by **39.2%**

More than 2 drinks for men and more than 1 drink for women

Favorite Snacks and Sleep Quality

How Our Favorite Snacks Impact Our Sleep Quality

% of snackers with good/excellent sleep quality



Source: Sleepfoundtion.org Survey • Created with Datawrapper

Environmental Factors that Affect Sleep

- TV in bedroom
- Noise
- Light
- Neighborhood



Better Sleep Tips

Let there be light.
Consistent bed and wake up time.
Limit daytime napping.
Healthy eating.
Aim for at least 7 hours per night.
Stick to a pre-bed routine.
Calming activities.
Get up if you can't sleep.
Set your phone to silent.
Don't look at the clock.
Exercise.

Creating a Sleep-Friendly Bedroom

Ditch the Blue Light.

Blackout curtains or shades.

Shhhh!!

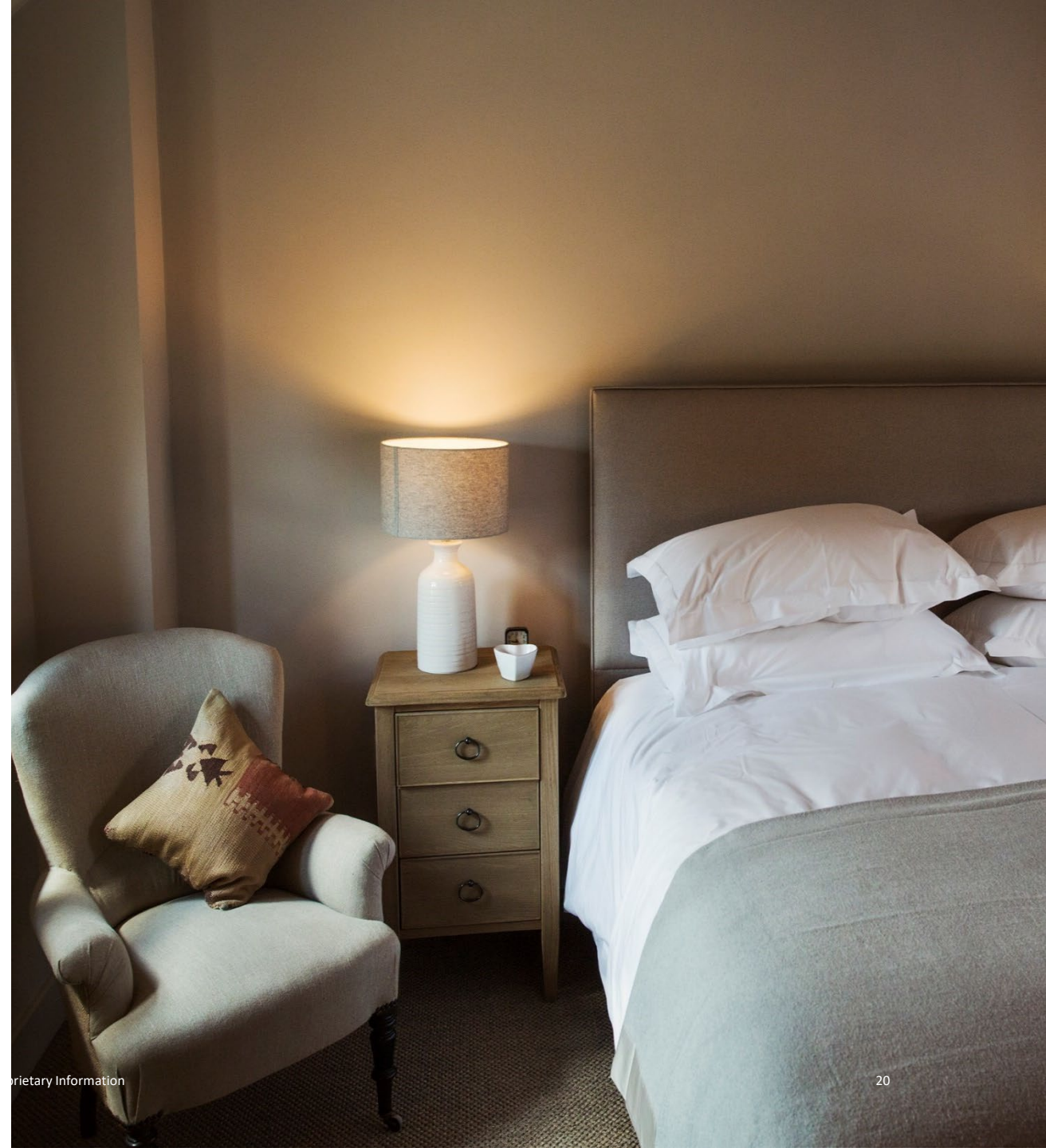
Rover may have to go.

Keep it cool.

It's a bedroom not an office or gym.

How's your pillow?

What about your mattress?





Healthy Bedtime Routine

Write down worries

Gratitude journal

Stick to a sleep schedule

Take a hot bath or shower

Wind down tech-free

Sleep Products

- Weighted blanket
- Mattress for back pain
- Pillow for side sleepers
- Adjustable beds
- Mattress topper
- Sleep mask
- Sleep apps
- Cooling sheets
- Essential oils for sleep
- Pajamas



Different types of Sonic Hues (Colored Noise)



Pink noise – deeper sounds than white noise.

White noise - equal distribution creates a steady humming sound.

Brown noise – higher energy at lower frequencies.

Black noise – lack of noise.

What is the best way to get a good night sleep in a Hotel?

- A. Search hotel reviews for negative comments about the pillow, mattress, and noise.
- B. Request a room on a higher level.
- C. Ask if the room features black-out shades.
- D. Bring your own pillow.
- E. All of the above.



The First Night Effect (FNE) causes increased alertness when sleeping in a new place, likely due to heightened left-brain activity. This vigilance helps respond faster to potential threats like unexpected noises.

Sleep can be Challenging

Sleep problems
Life gets in the way
Mental health
Physical health problems
Medication
Sleep disorders





Seek professional help

- ✓ Trouble falling asleep on occasion is okay
- ✓ Chronic sleep problems are cause for concern
- ✓ Talk to your primary care physician
- ✓ Don't ignore sleep problems
- ✓ Keep a sleep diary
- ✓ Pain, chronic conditions, menopause

Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit[®] by Sharecare

Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now[®] by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management
• Weight Watchers



**Chiropractic/
acupuncture
services and
more**
• Choose Healthy



Eye care
• EyeMed



**Hearing aids
and screenings**
• Nations Hearing
• Hearing Care Solutions



**Fitness club
discounts**
• American Specialty Health
• Active&Fit

Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

Healthy eating

September Health Challenge

Snooze Soundly



Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



Upcoming Wellness Webinar

Understanding Burnout

September 18th, 2024

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
