

the antiviral guide to

Sleep

Chris Aiken, MD
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Carolina Behavioral Health Alliance
BENEFITS ADMINISTRATION



mood
treatment
center

Improve Immunity

1

Sleep

7-8 hours per night

2

Exercise

Brisk walking or light
aerobics 30 min a day

3

Eat Well

Mediterranean style. Fruits,
vegetables, nuts, lean meat,
whole grains, olive oil

4

Destress

Mindfulness. Skills for
anxiety and family conflict



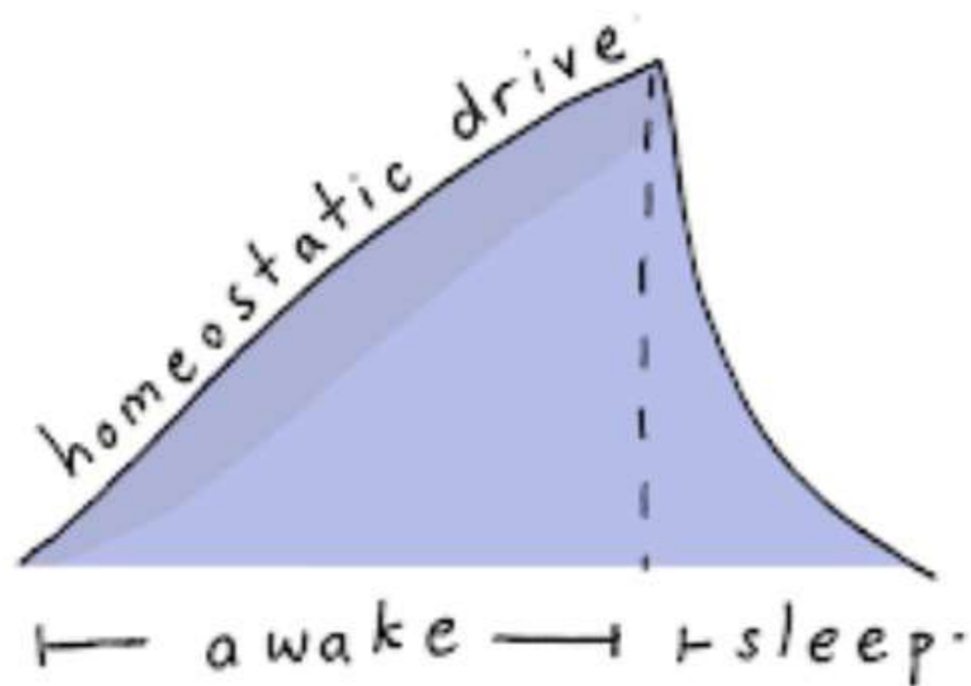
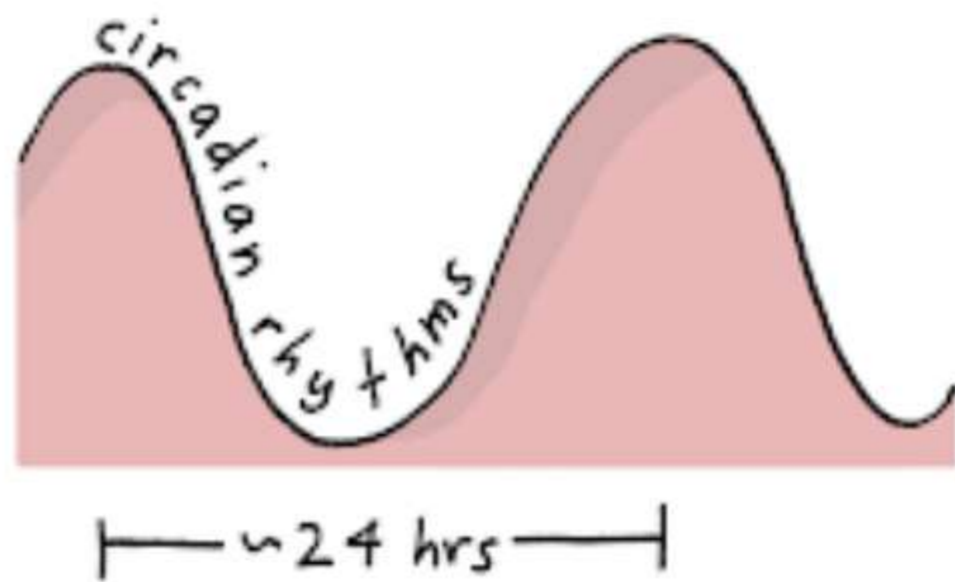
Sleep deprivation weakens the immune system

People who sleep less than 6 hours a night are 3-4 times more likely to catch viruses like the common cold or the flu than those who sleep 7 or more hours a night

Antibodies disarm a virus

The rest of the immune system - T-cells, natural killer cells, interferons, cytokines - works together to fight it off

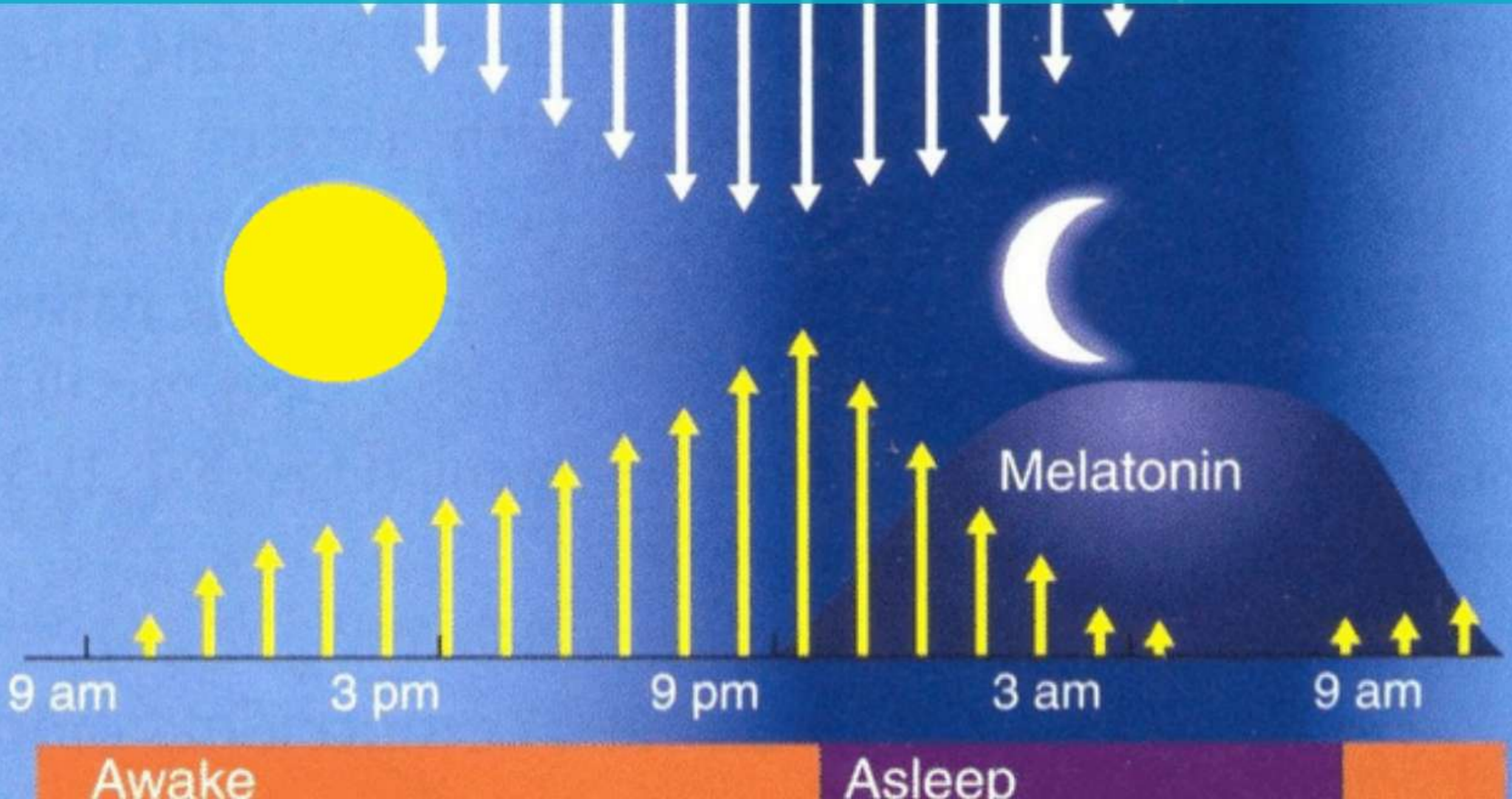




Two forces drive sleep

The Circadian Rhythm is a 24-hour cycle set by light, dark, and the time you wake up
The Homeostatic Sleep Drive builds up the longer you stay awake

When the two forces align, you fall asleep



Top Sleep Rules

1

Awake at regular times

Stay out of bed during the day

2

3

Don't force it.
Only go to bed when tired

Dark nights,
bright mornings

4



Awake

at regular times

The day starts when you stand up

Energizers

Walk out doors for 5 minutes

Pleasurable, melodic music

Cold shower or cold water on the face

Do stuff you enjoy and want to do more of

Breakfast

Whole grains

Fruit, vegetables

Protein, healthy fats

Tea

Dawn Simulators

Phillips Wake-up
\$100-200



LightenUp
\$20



windhovermfg.com



Evening Wind down

30-60 minutes before bed

Dim lights

Relaxing activity

Screen-free

Stretching

Warm Bath

2 hours before bed, 20 minutes

Soak up to your neck

Careful getting out:

blood pressure can drop

Cold Room

60-65 Degrees F

Bundle up. Use a fan



Top Tracks

Marconi Union, Weightless

Beethoven, Moonlight Sonata, Symphony 9 Movement 3

Satie, Gymnopédie No. 1

Bach, Air Suite No. 3 in D Major BWV 1068

Brahms, Clarinet Quintet in B Minor

Debussy, Clair De Lune

Pachelbel, Canon in D

Mozart, Serenade No. 10

Barber, Adagio for Strings

Jules Massenet, Méditation from Thaïs

Kitaro, Lord of Wind

Yu-Xiao Guang, Everlasting Road

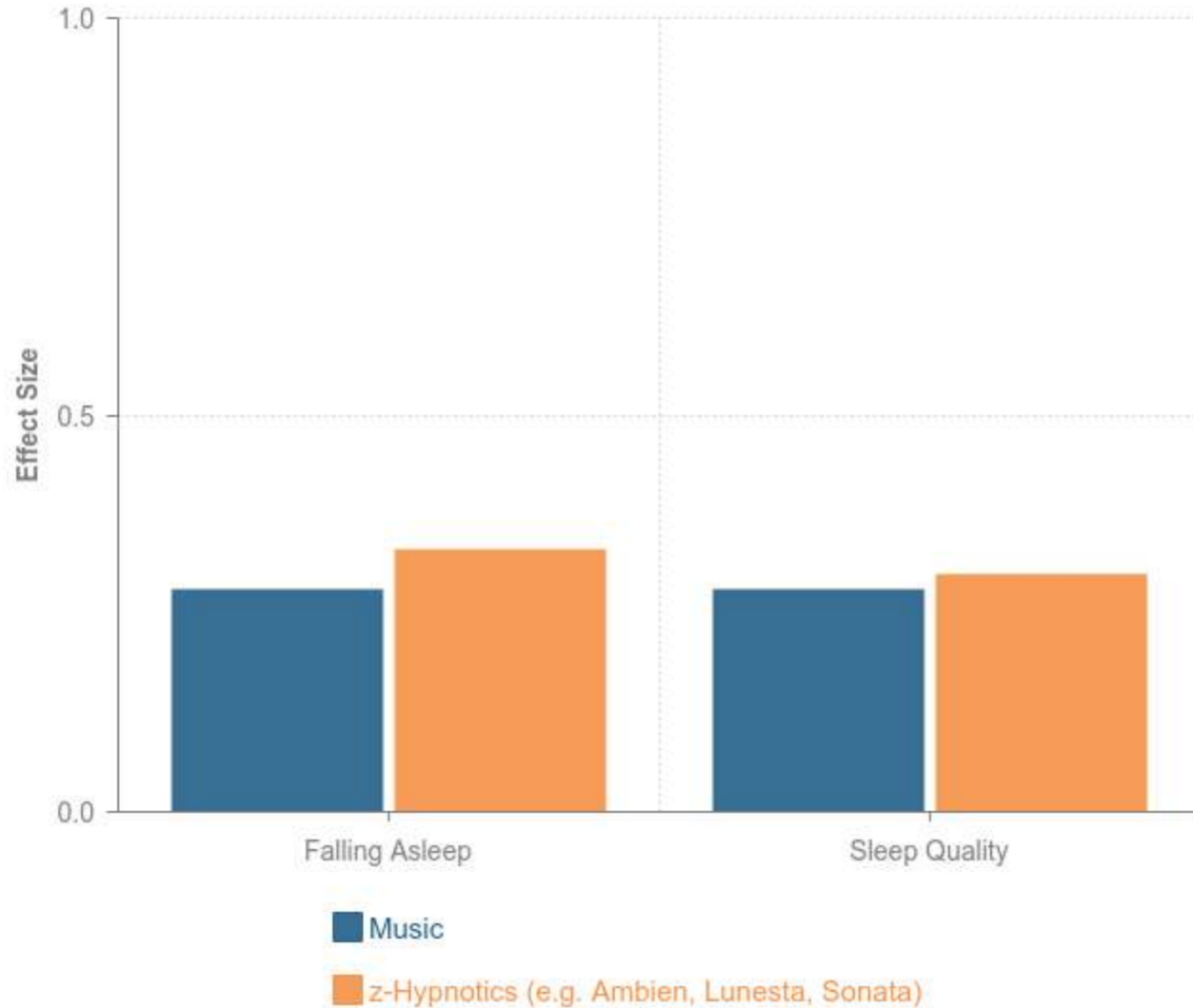
Binaural beats (5-7 Hz, theta)

Music therapy works as well as Ambien

Listen for 30-60 minutes before bed. Focus on each note. Auto-shut off after you fall asleep

Slow, repetitive melodies with bass tones and no lyrics. Or nature sounds, white noise.

Music vs. Sleep Meds



Better than Audio Books

- 1 Music was compared to audio books, acupuncture, exercise, progressive muscle relaxation, and sleep hygiene

Sleep Meds > Placebo > Wait list

- 2 > Sleep meds helped people fall asleep 22 minutes faster than placebo
> Placebo helped people fall asleep 17 minutes faster than wait list

Two Meta-analyses

- 3 Hypnotics: 4,378 subjects (Huedo-Medina et al, 2012)
Music: 1,339 subjects (Feng F et al, 2018)

Evening light causes

Obesity

Diabetes

Cancer (breast, prostate)

Heart disease

Neurologic diseases

Stomach ulcers

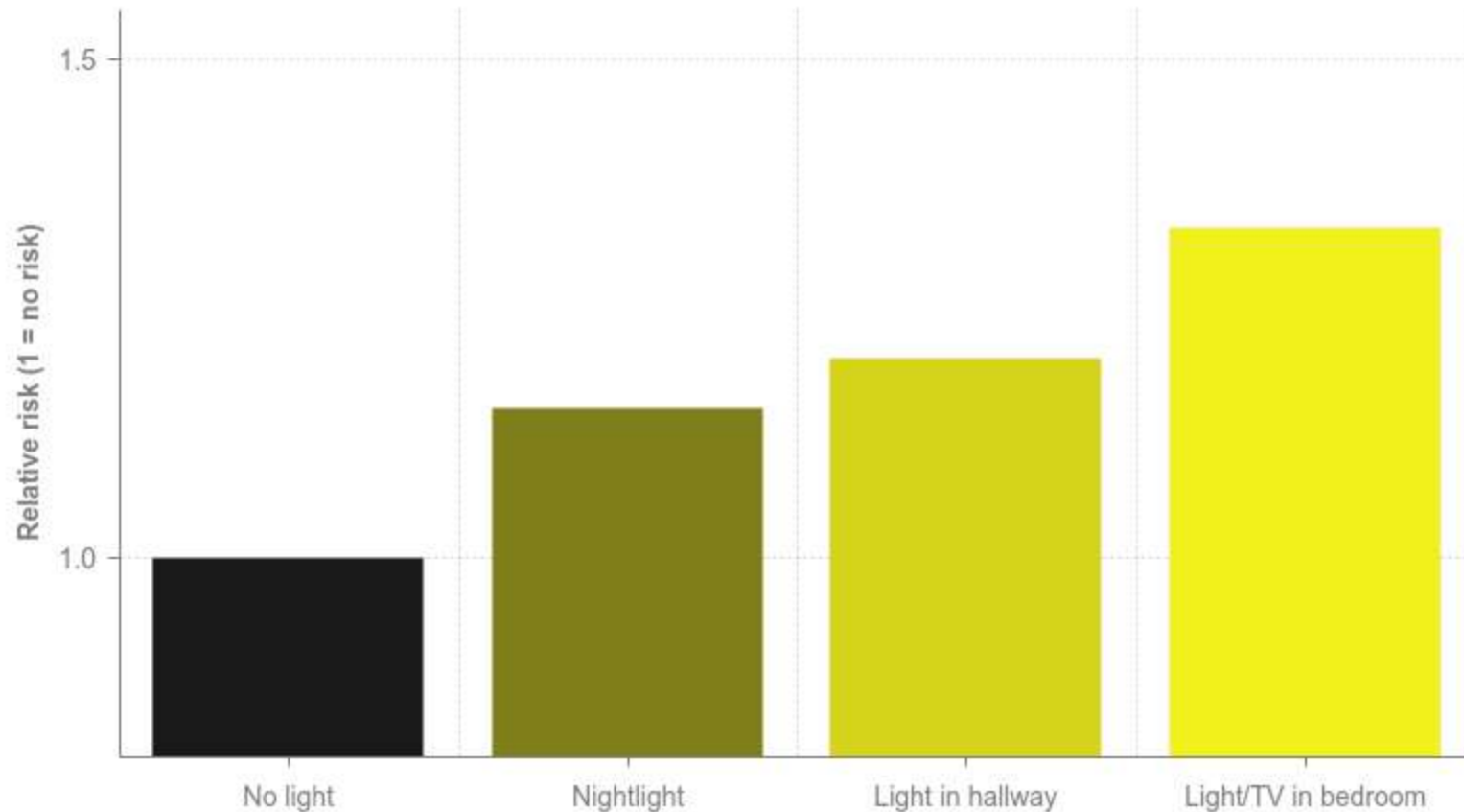
Depression

Shrinks brain cells, impairs learning



Evening Light Causes Obesity

Obesity Risk and Bedroom Light



Park et al, 2019

- 1 Large study, long follow up**
44,000 women age 35-74 followed for average of 6 years
- 2 Uncontrolled but adjusted for**
Age, race, location, education, income, family size, menopause, stress, depression, and use of nicotine, alcohol, caffeine.
- 3 Replicated finding?**
Yes, in animal studies and several large cross-sectional human studies.

Blue Light Blockers



Uvex Ultraspec 2000, S0360X
\$7-10 on Amazon



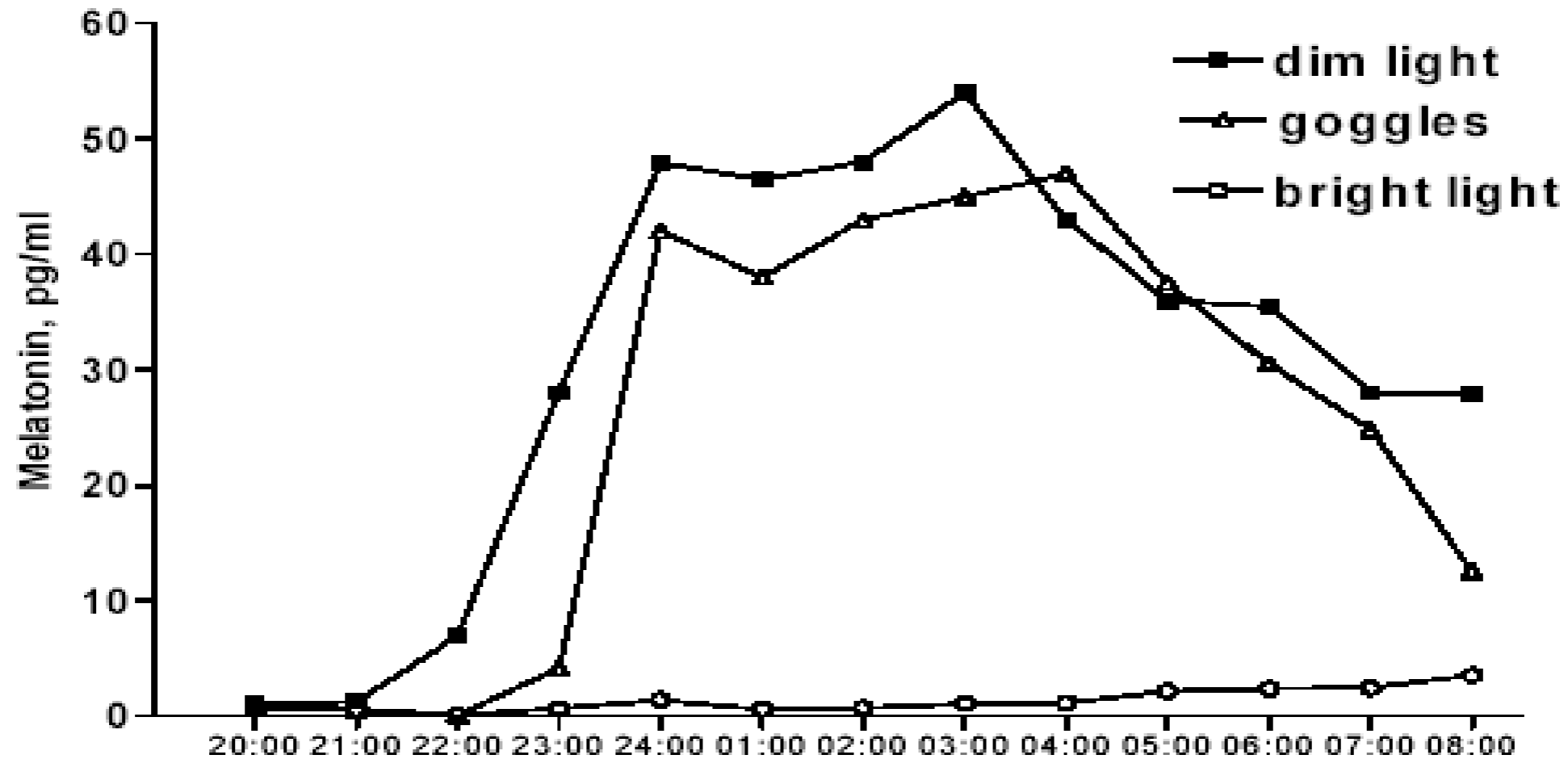
Uvex Skyper 3S1933X
\$7-10 on Amazon



Lowbluelights.com
\$70-80

Melatonin Rises

in Dim Light or with Blue-Light Blockers



Black out

- Blackout curtains (ShiftShade, or buy blackout fabric, attach with pins or Velcro)
- Electric tape over LED lights
- Sleep in basement

Low blue nightlights

- Maxxima MLN-16 Amber LED Night Light Plug
- SCS Nite-Nite Light Bulb or Sleep-Ready Light
- lowbluelights.com, somnilight.com
- Apps: f.lux, Apple Nightshift mode, Kindle Candle



the
depression
and
bipolar
workbook

30 ways to lift your mood &
strengthen the brain

Chris Aiken, MD

Therapy for Insomnia

Cognitive behavioral therapy
(CBT-i) works better than sleep meds.
And it improves immunity.

Read More

30 ways to lift mood, raise
energy, and sharpen focus.
Includes the full CBT-i
program for insomnia

April 8 at 2:00 pm

Parents Guide to Quarantine

www.moodtreatmentcenter.com/webinars