

# Sleep: Helping You Help Others

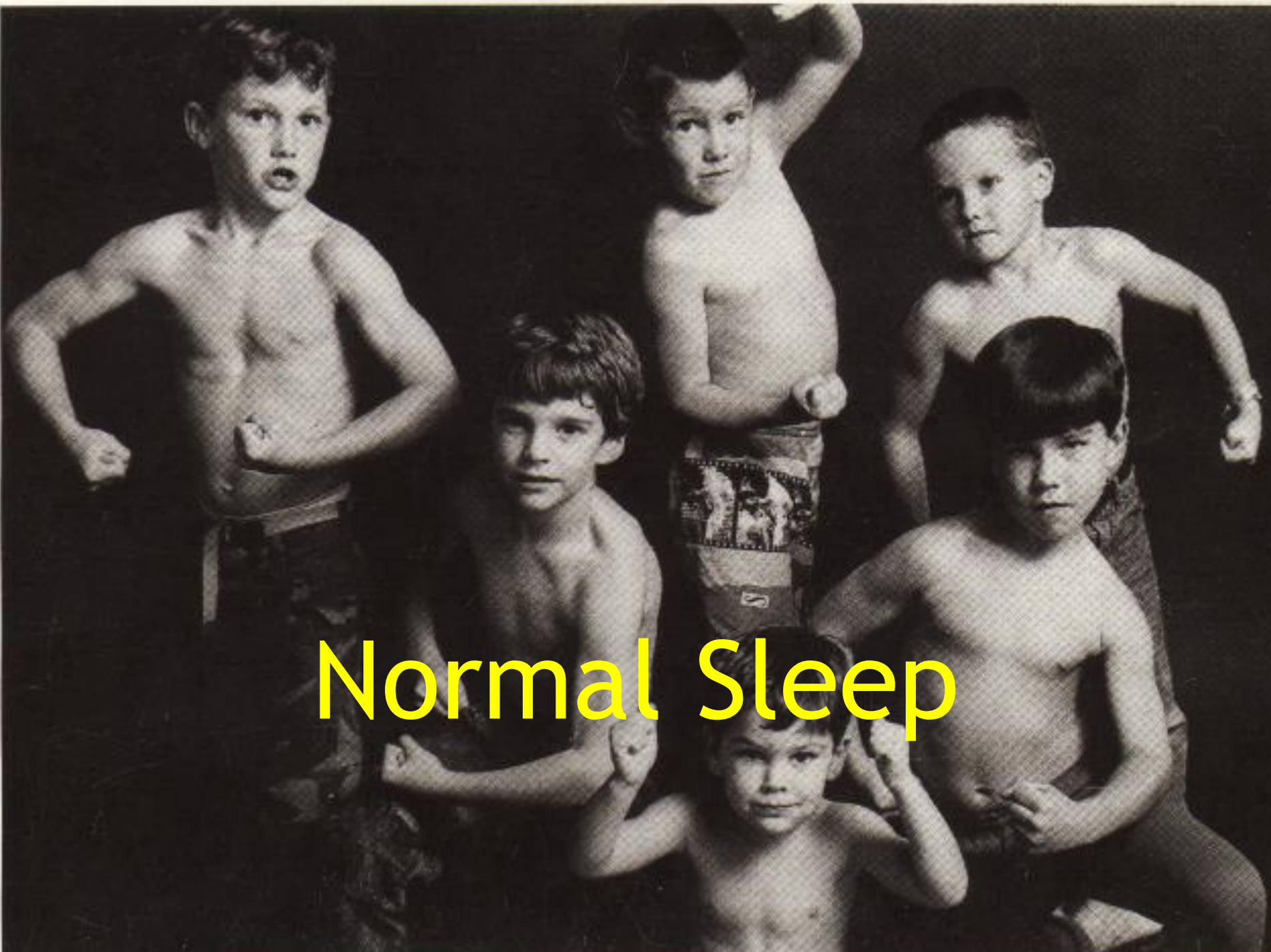
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# Disclosure

Nancy Nadolski, FNP is on the speaker's bureau for Somaxon.



Changes  
Over  
Lifetime



Normal Sleep



# Treatment Options

# Sleep Enthusiast

# Why bother with insomnia?



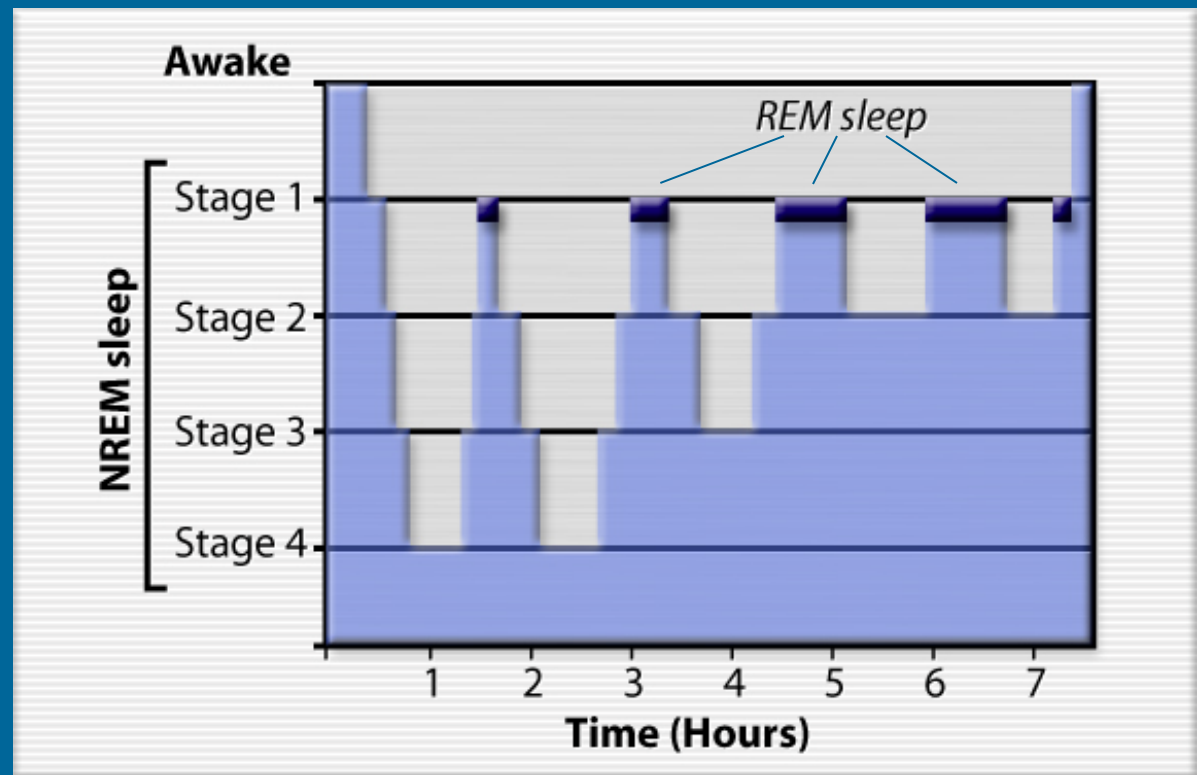


YES, WE ARE  
**OPEN**  
24 HOURS

# Sleep Architecture

Sleep is divided into two types:

- Rapid Eye Movement Sleep (REM)
- Non – Rapid Eye Movement Sleep (NREM)



# Sleep at your house







Stage 1



Stage 2

# Stage 3



# Stage 4



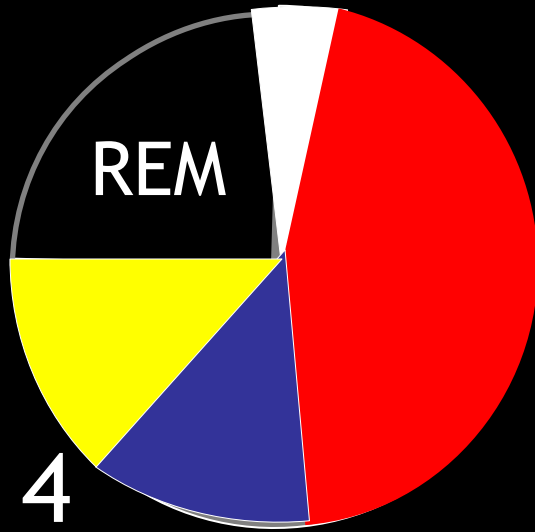
# REM Sleep



# Sleep architecture

Stage 1

Stage 2

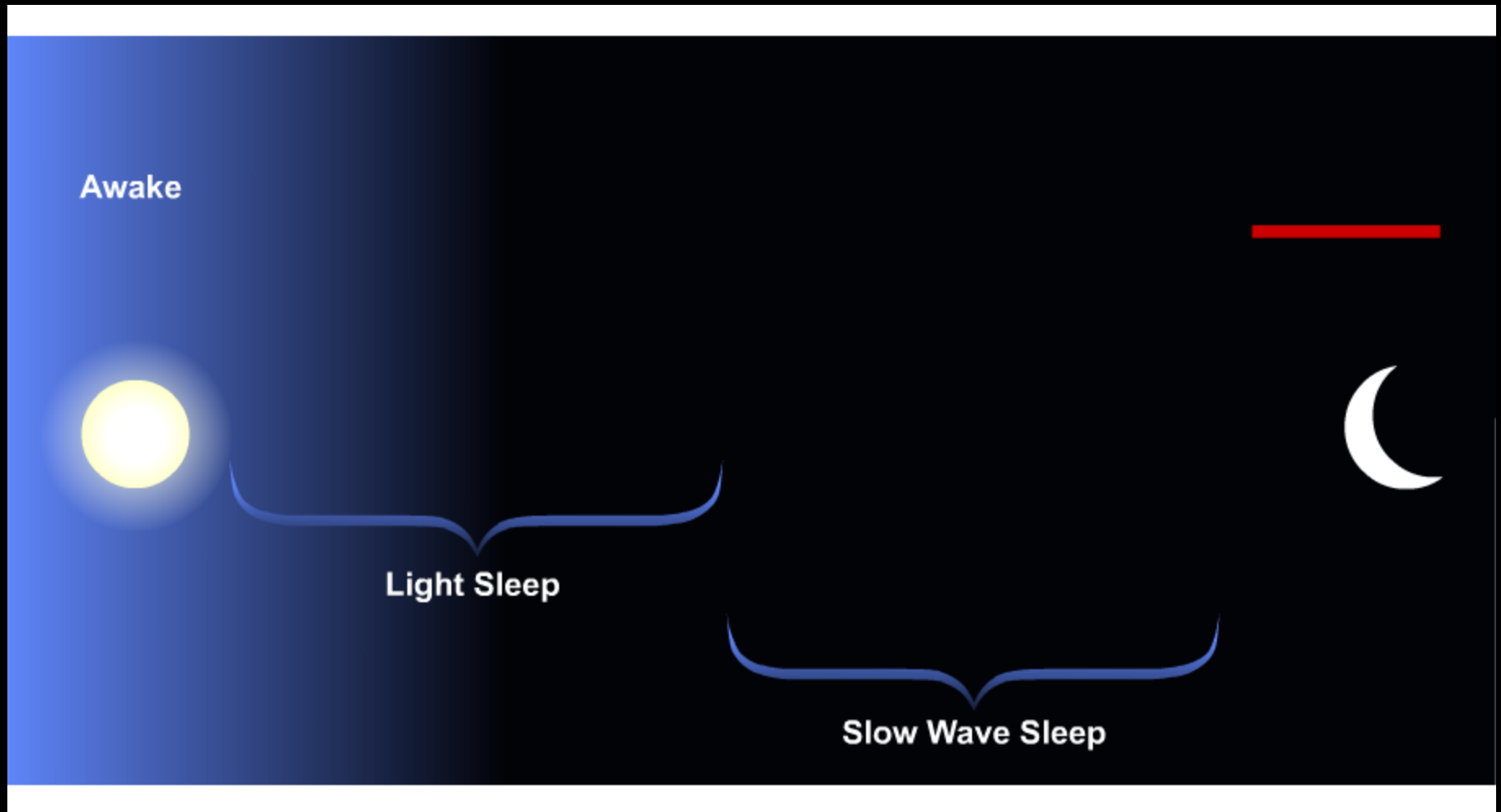


Every 90 minutes

Stage 4

Delta Stage 3

# Sleep Architecture: NREM & REM Sleep





**REM Onset**  
**50% REM Sleep**



**10% REM**



Teens Can't Help It

Normal Sleep?

What do we do?

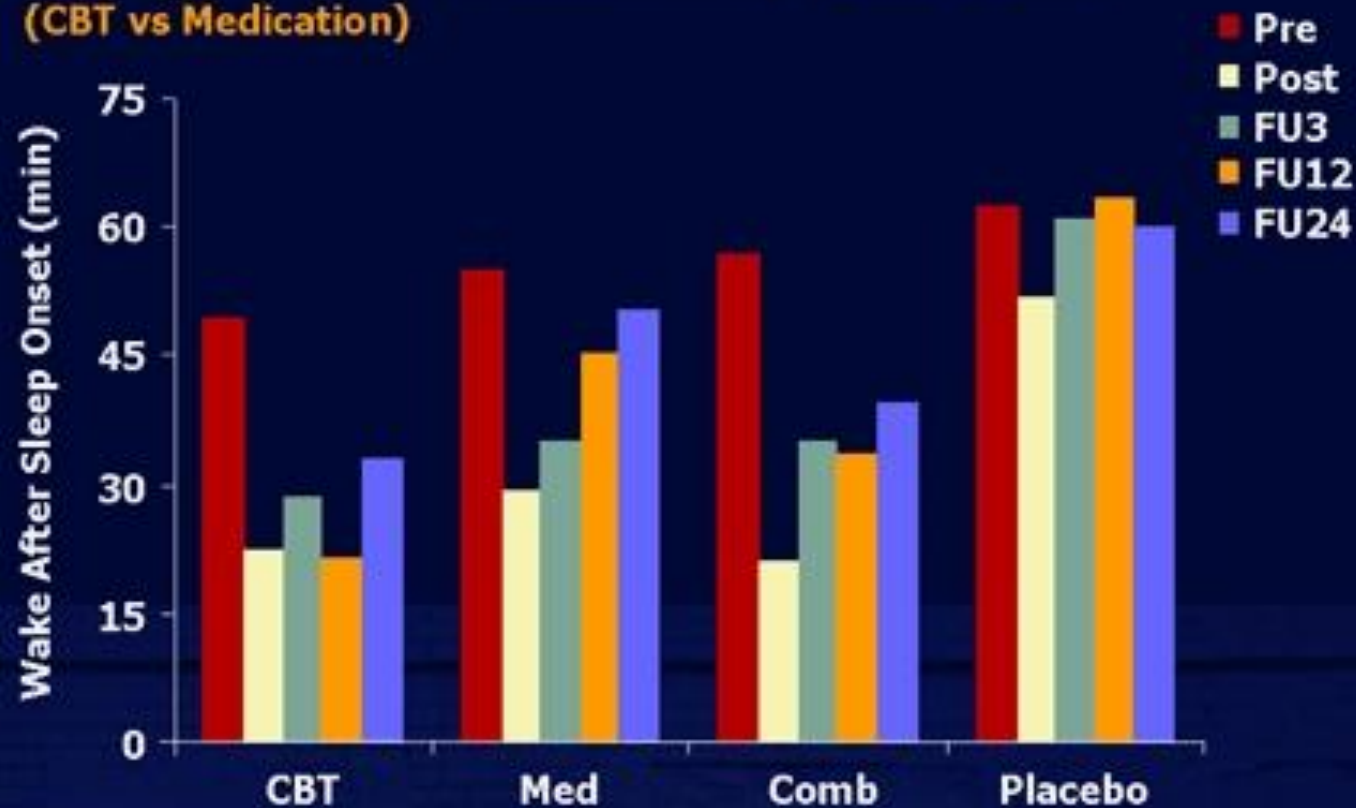


# Long Term Treatment

- Cognitive Behavioral Therapy
- Sleep Restriction
- Stimulus Control
- Sleep Hygiene

# Long-Term Treatment Outcome

(CBT vs Medication)



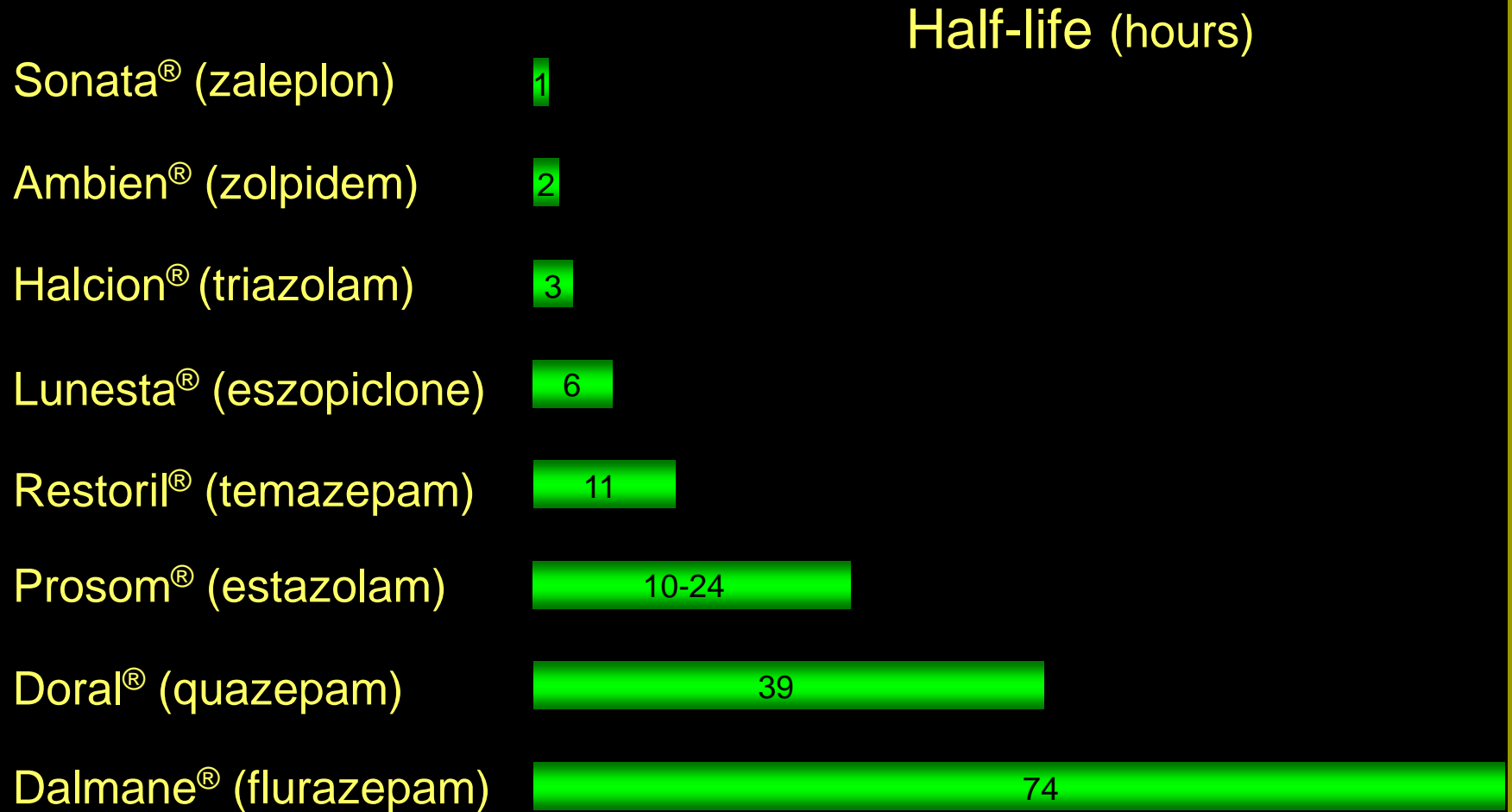
FU = follow-up (months)

CBT = cognitive behavioral therapy

Morin CM et al. *JAMA*. 1999;281:991-999.



# BZRA and NON BZRA approved for insomnia



All brand names are the property of their respective owners.



# Charles Lindbergh



New York Times

May 21, 1927

Lindbergh Does It!

“To Paris in 33 1/2 Hours;  
Cheering French Carry Him  
Off Field”

“My mind clicks on and off...I try letting one eyelid close at a time while I prop the other open with my will. My whole body argues dully that nothing, nothing life can attain, is quite so desirable as sleep.”

*Charles Lindbergh, The Spirit of St. Louis*

