

Who Has Time for Sleep?:  
Even Super Heroes Need a Good Night Sleep

Darius Campinha-Bacote, PsyD  
Licensed Clinical Psychologist

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Exercise

- Who slept the most?

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Agenda

- Importance of Sleep
- Common Sleep Disorders
- Nightmares
- Myths
- Insomnia
- Sleep Assessments
- Medications to Aid in Sleep
- Ways to Increase your Quality of Sleep

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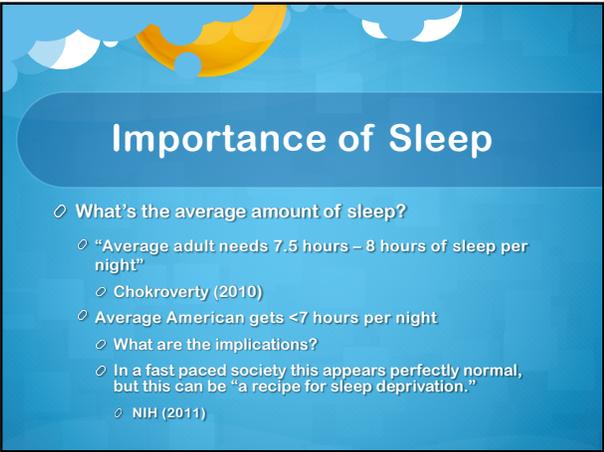
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## Importance of Sleep

- What's the average amount of sleep?
  - "Average adult needs 7.5 hours – 8 hours of sleep per night"
  - Chokroverty (2010)
- Average American gets <7 hours per night
  - What are the implications?
  - In a fast paced society this appears perfectly normal, but this can be "a recipe for sleep deprivation."
  - NIH (2011)

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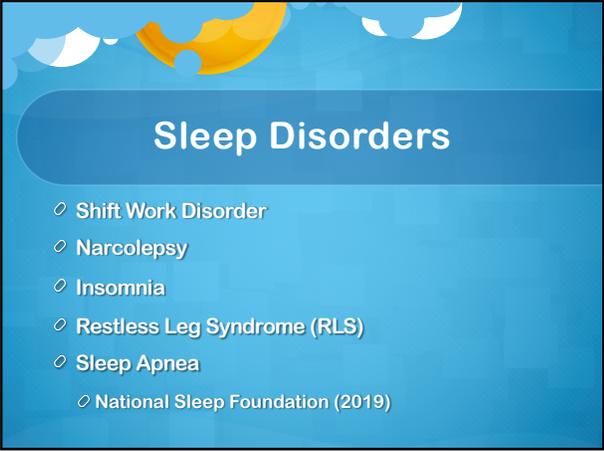
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## Sleep Disorders

- Shift Work Disorder
- Narcolepsy
- Insomnia
- Restless Leg Syndrome (RLS)
- Sleep Apnea
  - National Sleep Foundation (2019)

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## Nightmares

- Defined as:
  - a frightening or unpleasant dream; a person, thing, or situation that is very difficult to deal with.
- How many experience nightmares on a consistent basis?
  - Old saloon example
  - Why would I want to go to bed if I am going to have one?
- Strong correlation between nightmares and poor emotional regulation
  - (Nadorff, Titus, & Pate, 2019)

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## Myths Regarding Sleep

- Do we have any myths?
- DBAS

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## Insomnia

- lack of sleep due to insufficient sleep quality or quantity; habitual sleeplessness; inability to sleep
- What are the long-term consequences of Insomnia?
  - Impact on you?
  - Impact on others?

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## Insomniacs

- An insomniac may sleep but experience poor sleep quality, also known as nonrestorative sleep
- As a result of a lack of quality sleep, impairments are experienced in social and occupational functioning.

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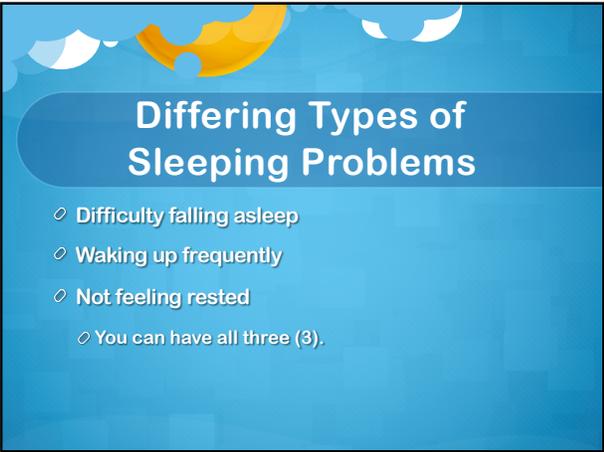
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## Differing Types of Sleeping Problems

- Difficulty falling asleep
- Waking up frequently
- Not feeling rested
  - You can have all three (3).

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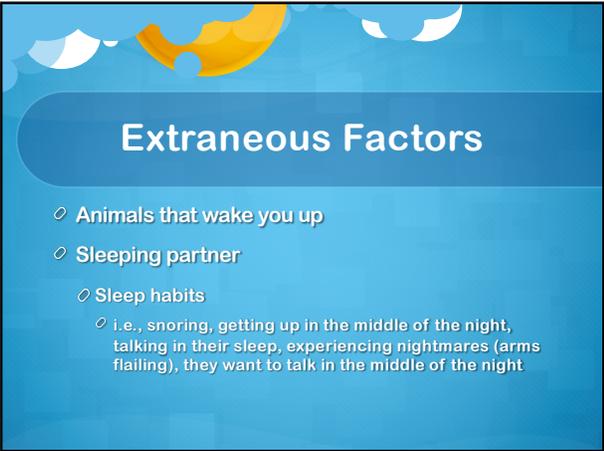
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## Extraneous Factors

- Animals that wake you up
- Sleeping partner
  - Sleep habits
    - i.e., snoring, getting up in the middle of the night, talking in their sleep, experiencing nightmares (arms flailing), they want to talk in the middle of the night

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## Sleep Assessments

- Sleep study
- My Beliefs about sleep
- Insomnia Index
- Pittsburgh Sleep Quality Index (PSQI)
- Dysfunctional Beliefs and Attitudes about Sleep (DBAS)
- Sleep Hygiene Practices Scale

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