

Catch Your ZZZs – strategies for optimizing sleep

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Who are we?



institute of
complementary
medicine



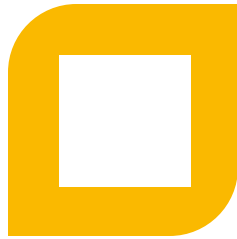
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Areas of Focus: functional medicine, hormone optimization, GI health, and cardiometabolic conditions



WHY IS SLEEP SO
IMPORTANT?



WHAT DISTURBS
SLEEP?



SYMPTOMS OF
SLEEP DEPRIVATION



HOW DO SLEEP
ISSUES MANIFEST?



TREATMENT
OPTIONS



CASE EXAMPLE

Agenda

Fifty to 70 million people in the US
suffer from one or more
sleep disorders.

Why is sleep so important?

- Sleep is critical for all physiological repair mechanisms in the body
- Many studies confirming correlation between insufficient sleep and poor health outcomes from common cold to cardiovascular disease and neurodegenerative disorders
- Benefits of quality sleep:
 - Improved mood and **stress resiliency**
 - Better **blood sugar control**
 - Better **cognitive function and memory**
 - Better **immune** function
 - Easier to maintain **healthy weight**
 - Superior **athletic performance** and recovery
 - Reduced cardiovascular disease risk

STAGE 1

lightest (1-7 mins)

Light sleep right after you drift off, 1–5 minutes.

STAGE 2

light (10-25 mins)

Light sleep, your body relaxes, and it's best to wake up during this stage.

STAGE 3

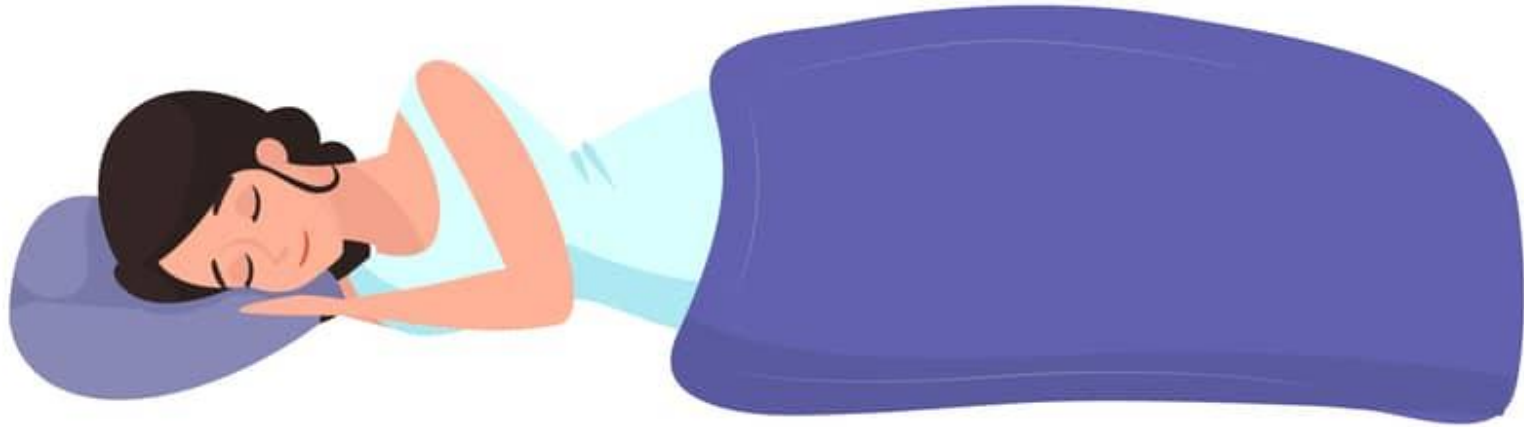
deep sleep (20-40 mins)

Deep sleep, your brain and body recover, you'll wake up groggy.

STAGE 4

REM (20-40 mins)

REM sleep populated by vivid dreams and a feeling of unrest upon awakening.



How much sleep do I need?

- Duration: 7-9 hours per night
- Efficiency: The time you are asleep divided by the time you are in bed. If you need 8 hours of sleep and have 90% sleep efficiency, you'll spend about 8hrs 50min in bed.
- Opportunity: Plan to spend 8-9 hours in bed to achieve 7-8 hours of sleep

Trouble falling asleep

Awakening at night

Anxiety about sleep

Insomnia

Sleep apnea

Common
types of sleep
disturbance

Work demands

Demanding home
life/responsibilities

Minimum sleep
needs aren't met
(social jet lag)

Shift work

Jet lag

Diet: sugar,
alcohol, caffeine

Hormones

Neurotransmitters

Other causes
of sleep
disruption

- Short-Term

- Yawning
- General weakness/fatigue
- Mood changes- irritability
- Loss of interest
- Sensitivity to noise
- Heavy head/legs
- Feeling cold
- Increased blood pressure
- Weight gain

- Long-Term

- Snoring
- Fatigue
- Difficulty concentrating
- Memory (short & long-term)
- Anxiety/depression
- Paranoia
- Hallucinations
- Obesity
- Risk of heart disease
- Weak immune system

Symptoms of sleep deprivation

Sleep environment

Physical disturbances

Stress

Medical condition (ex. sleep apnea)

How do sleep
issues
manifest?

Symptoms of suboptimal sleep

You have trouble falling or staying asleep

You don't feel well-rested when you wake up

You feel sleepy during the day, and experience mood changes and memory challenges

You experience weight gain, blood pressure fluctuation, difficulty concentrating



Methods of Evaluation

Foundational blood work

Sleep studies

EEG

Functional hormone and neurotransmitter testing

Nutrient deficiencies

Stool analysis

Cortisol

Melatonin

Serotonin

Progesterone

Treatment Options: Conventional

Conventional Treatments

- Prescription sleep aids
- Pain medication
- Anti-anxiety/depressant
- Breathing device (CPAP)
- Dental guard
- Surgery



Treatment Options: Functional Medicine

Functional Medicine Treatments

Lifestyle/patient education

CBTi

Manage key stressor(s)

Blood sugar

Mental/emotional stress

Inflammation

Circadian rhythm

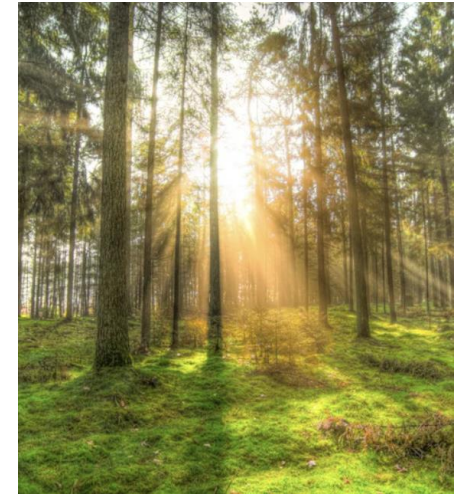
Support with supplementation

Adaptogens

Neurotransmitters

Melatonin

Bioidentical hormones



Nutraceuticals

Melatonin

5-HTP

Zinc

Magnesium

Glycine

GABA

L-theanine

Lifestyle tools

Create a consistent sleep schedule

Optimize sleep environment – light, temperature

Avoid caffeine and alcohol

Exercise earlier in the day

Avoid screentime before bed

Morning sunlight exposure

Wind down routine

Remove technology from bedroom

Avoid eating 3 hours prior to bedtime

What about napping?

- There are pros and cons
- Pros: short 'power naps' can produce learning and memory benefits and maybe cardiovascular benefits
- Cons: if you are struggling with insomnia, naps can reduce sleep pressure and further contribute to difficulty sleeping at night

Case Example

- Middle-aged woman
- Spouse and mother
- Full-time job
- Difficulty staying asleep
- Has gained weight over the last several years
- Primary care suggested prescription sleep aid
- Medication doesn't always help

Case Example: The Functional Medicine Approach

- Additional information in history: she has felt irritable, skipping breakfast, eating late night snacks
- Addressing her root causes
 - Stress
 - Blood sugar
 - Nutrient deficiencies
 - Sleep hygiene
- Help her implement changes based on her lifestyle

Case Example: Outcome

- With lifestyle stress-reducing techniques and other root cause treatment, prescription sleep medication can be discontinued under proper supervision
- Medication may or may not be needed long term!
- She now sleeps about 7.5 hours per night
- Feels more rested during the day and able to manage stressors
- Has started to lose weight and now has more energy to workout regularly

Questions?

Contact us:

Institute of Complementary Medicine

icmedicine.com

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Schedule free 15 minute discovery phone call to learn more about how I can help you optimize your health

