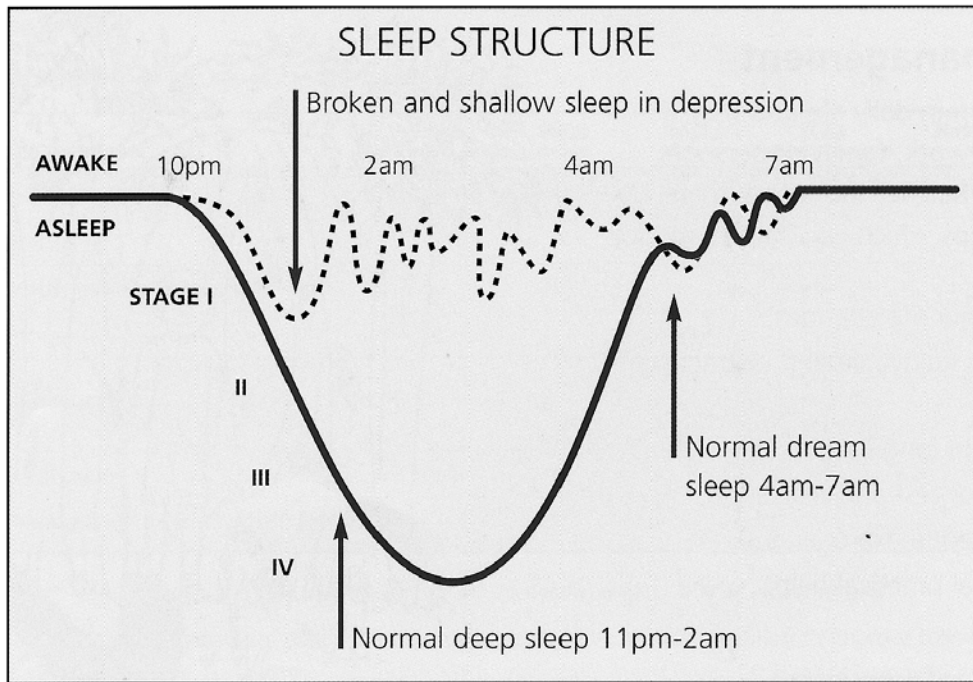


4. Sleep-wake cycle management



DEPRESSION USUALLY LEADS TO:

- ◆ Difficulty getting to sleep;
- ◆ Poor quality sleep;
- ◆ Fewer hours of sleep;
- ◆ More awakenings during the night;
- ◆ In severe cases, waking very early in the morning and being unable to get back to sleep; and,
- ◆ Daytime tiredness.

POOR QUALITY OF DEEP SLEEP LEADS TO:

- ◆ Daytime fatigue;
- ◆ Poor concentration;
- ◆ Irritability;
- ◆ Musculo-skeletal aches and pains;
- ◆ Reduced immune function; and,
- ◆ Prolonged depression.

- It is not the total length of sleep that matters, but the quality of deep sleep and dream sleep.
- Most deep sleep occurs during the first five hours of the night. Even if you only sleep for four or five hours, you will still get about the same amount of deep sleep as someone who sleeps for eight to ten hours.
- More sleep does not equal good quality sleep.

How to improve your sleep:

- ◆ Get out of bed as soon as you wake up;
- ◆ Try to get up about the same time each day;
- ◆ Do not nap during the day;
- ◆ Try to be active while the sun is up;
- ◆ Avoid drinking caffeine after about 4pm;
- ◆ Allow yourself time to wind down before going to bed;
- ◆ Avoid taking sleeping pills;
- ◆ Go to bed at approximately 10-10:30pm;
- ◆ Try to make your bedroom quiet, dim and cool; and,
- ◆ Avoid too many blankets and electric blankets.

