



# **Sleep Training Resource for New Mothers Support**

**By  
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## **Dear mommies...**

The phase – Postpartum comes with a great deal of challenges as well as experiences. What is important is that we should know that this phase is going to pass. So, make it a point that you keep patience with the hard part like the baby blues and the sleepless nights, the leaking breasts and the anxiety of being the mom you always thought you wanted to be....woah... that's a whole load of things to deal with.... We cannot forget the fact that we need to cherish the little experiences that we get are priceless and are going to evolve with time. So enjoy the little expressions..the finger holds,... the farts and burps...the gradual learning process.....

**Enjoy Every Experience**

**Learn And Grow From Every Experience**

**Love**

**Shrreya**

# Top 10 Sleep Myths

## Myth 1:

Sleep is a time when your body and brain shut down for rest and relaxation. No evidence shows that any major organ (including the brain) or regulatory system in the body shuts down during sleep. Some physiological processes actually become more active while you sleep. For example, secretion of certain hormones is boosted, and activity of the brain linked to learning and memory increases.

## Myth 2:

Getting just 1 hour less sleep per night than needed will not have any effect on your daytime functioning. This lack of sleep may not make you noticeably sleepy during the day. But even slightly less sleep can affect your ability to think properly and respond quickly, and it can impair your cardiovascular health and energy balance as well as your body's ability to fight infections, particularly if lack of sleep continues. This sleep debt affects your health and quality of life and makes you feel tired during the day.

## Myth 3:

Your body adjusts quickly to different sleep schedules. Your biological clock makes you most alert during the daytime and least alert at night. Thus, even if you work the night shift, you will naturally feel sleepy when nighttime comes. Most people can reset their biological clock, but only by appropriately timed cues—and even then, by 1–2 hours per day at best.

## Myth 4:

People need less sleep as they get older. Older people don't need less sleep, but they may get less sleep or find their sleep less refreshing. That's because as people age, the quality of their sleep changes. Older people are also more likely to have insomnia or other medical conditions that disrupt their sleep.

## Myth 5:

Extra sleep for one night can cure you of problems with excessive daytime fatigue. Not only is the quantity of sleep important, but also the quality of sleep. Some people sleep 8 or 9 hours a night but don't feel well rested when they wake up because the quality of their sleep is poor.

A number of sleep disorders and other medical conditions affect the quality of sleep. Sleeping more won't lessen the daytime sleepiness these disorders or conditions cause. However, many of these disorders or conditions can be treated effectively with changes in behavior or with medical therapies. Additionally, one night of increased sleep may not correct multiple nights of inadequate sleep.

### Myth 6:

You can make up for lost sleep during the week by sleeping more on the weekends. Although this sleeping pattern will help you feel more rested, it will not completely make up for the lack of sleep or correct your sleep debt. This pattern also will not necessarily make up for impaired performance during the week or the physical problems that can result from not sleeping enough. Furthermore, sleeping later on the weekends can affect your biological clock, making it much harder to go to sleep at the right time on Sunday nights and get up early on Monday mornings.

### Myth 7:

Naps are a waste of time. Although naps are no substitute for a good night's sleep, they can be restorative and help counter some of the effects of not getting enough sleep at night. Naps can actually help you learn how to do certain tasks quicker. But avoid taking naps later than 3 p.m., particularly if you have trouble falling asleep at night, as late naps can make it harder for you to fall asleep when you go to bed. Also, limit your naps to no longer than 20 minutes, because longer naps will make it harder to wake up and get back in the swing of things.

### Myth 8:

Snoring is a normal part of sleep. Snoring during sleep is common, particularly as a person gets older. Evidence is growing that snoring on a regular basis can make you sleepy during the day and increase your risk for diabetes and heart disease. In addition, some studies link frequent snoring to problem behavior and poorer school achievement in children.

### Myth 9:

Ones who don't get enough sleep at night will show signs of sleepiness during the day. Unlike adults, children who don't get enough sleep at night typically become hyperactive, irritable, and inattentive during the day. They also have increased risk of injury and more behavior problems, and their growth rate may be impaired.

#### Myth 10:

The main cause of sleeplessness is worry. Although worry or stress can cause a short bout of insomnia, a persistent inability to fall asleep or stay asleep at night can be caused by a number of other factors. Certain medications and sleep disorders can keep you up at night. Other common causes of insomnia are depression, anxiety disorders, and asthma, arthritis, or other medical conditions with symptoms that tend to be troublesome at night.

## 8. Tips for getting a Good Night's Sleep.

### 1. Stick to a sleep schedule.

Go to bed and wake up at the same time each day. As creatures of habit, people have a hard time adjusting to changes in sleep patterns. Sleeping later on weekends won't fully make up for a lack of sleep during the week and will make it harder to wake up early on Monday morning. Exercise is great, but not too late in the day. Try to exercise at least 30 minutes on most days but not later than 2–3 hours before your bedtime.

### 2. Avoid caffeine

Coffee, colas, certain teas, and chocolate contain the stimulant caffeine, and its effects can take as long as 8 hours to wear off fully. Therefore, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night. Avoid alcoholic drinks before bed. Having a “nightcap” or alcoholic beverage before sleep may help you relax, but heavy use robs you of deep sleep, keeping you in the lighter stages of sleep.

### 3. Avoid large meals and beverages late at night.

A light snack is okay, but a large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause frequent awakenings to urinate. If possible, avoid medicines that delay or disrupt your sleep. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. If you have trouble sleeping, talk to your doctor.

### 4. Don't take naps after 3 p.m.

Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night. Relax before bed. Don't overschedule your day so that no time is left for unwinding. A relaxing activity, such as

reading or listening to music, should be part of your bedtime ritual.

## 5. Take a hot bath before bed.

The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.

## 6. Have a good sleeping environment.

Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or warm temperatures. You sleep better if the temperature in the room is kept on the cool side. A TV, cell phone, or computer in the bedroom can be a distraction and deprive you of needed sleep. Having a comfortable mattress and pillow can help promote a good night's sleep. Turn the clock's face out of view so you don't worry about the time while trying to fall asleep.

## 7. Have the right sunlight exposure.

Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day. If possible, wake up with the sun or use very bright lights in the morning. Sleep experts recommend that, if you have problems falling asleep, you should get an hour of exposure to morning sunlight and turn down the lights before bedtime.

## 8. Don't lie in bed awake.

If you find yourself still awake after staying in bed for more than 20 minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep. See a doctor if you continue to have trouble sleeping. If you consistently find it difficult to fall or stay asleep and/or feel tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your family doctor or a sleep specialist should be able to help you, and it is important to rule out other health problems that may be disturbing your sleep.



A pink line art illustration of a woman's profile, facing right. The hair is styled in a short, wavy bob. A heart shape is drawn near the neck. The background is a solid blue color.

**Thank you**